EGGS FROM EVERY ANGLE

THE OVO RECIPE BOOK

An Introduction

"Eggs From Every Angle" is the title of this book, and as you peruse the various pages you will appreciate the information supplied.

The "OVO" Book is planned to clearly indicate to you the value of eggs as a food. It is prepared to assist the poultry farmer, for interesting information concerning the keeping of fowls has been supplied, the arranging of pens, feed, etc.

One of the special features of the book, however, is that it supplies numerous recipes. There is no need for you to feel that there will be a sameness in your menu when you serve eggs. Here are shown a few of the hundreds of ways of making attractive dishes with eggs. You are advised to try out these dishes for yourself.

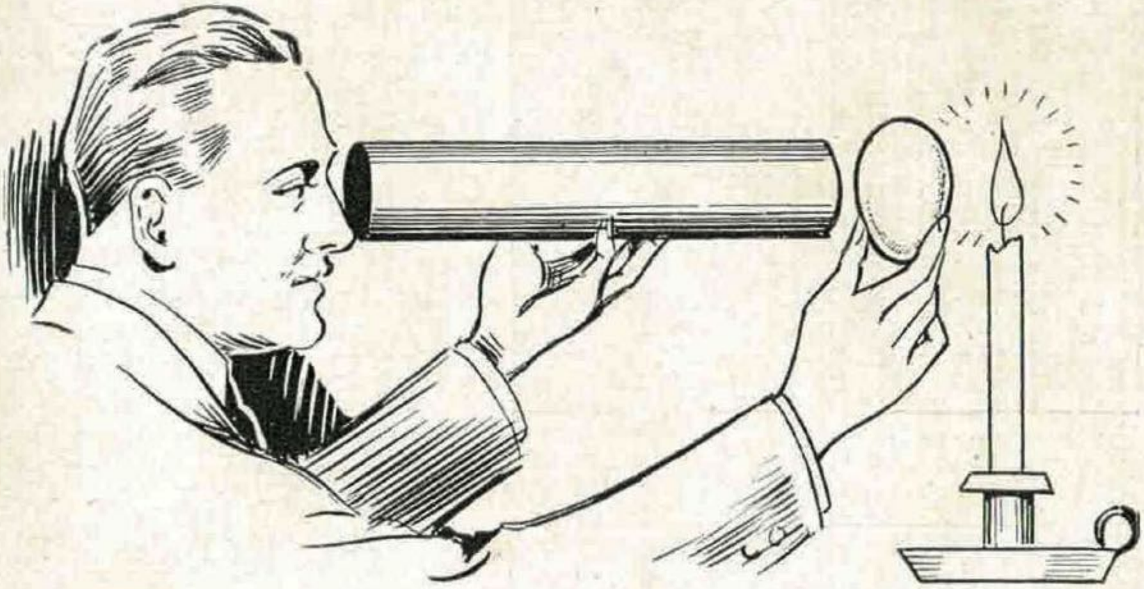
The outstanding advantage of this book is that it also supplies useful information concerning "Ovo"—the proved preparation for preserving eggs.

"Ovo" enables you to have cheap eggs 365 days in the year. From January to July, when prices are around 3/- and 3/6 per dozen, you have all the eggs you want at about 1/- a dozen—that is, if you put down eggs during spring, when prices drop; and, remember also, spring eggs are better flavoured than winter eggs.

This book certainly lives up to its name, as its pages reveal, and we hope you will find it useful and worth retaining.

J. S. VICKERY & SON PTY. LTD.,
Manufacturers of "OVO,"
HUMFFRAY STREET, BALLARAT, VICTORIA.

Are the Eggs Fresh?



A simple way of testing eggs is by rolling up a newspaper in a tubular fashion, so that you can see through it from one end to the other—or by purchasing at a few pence a cardboard mailing tube, which is also hollow inside, or even a tin tube of any kind, which would be approximately two inches in diameter.

Put one end of the newspaper or tube to the eye, and put the egg at the other end in front of the candle in a direct line, the egg to be pressed firmly against the end of the tube, so as to get the benefit of the light of the candle.

An egg just laid entirely fills its shell. But as it cools to temperature of the air, it contracts, leaving a small space at large end of the egg empty. As the egg ages, this space increases in size, due to the escape of moisture from the egg through its shell. When the air space becomes pronounced, the egg is known as "shrunken." It has lost its fine flavour, and is stale.

A fresh egg, before the candle, shows the yolk faintly as a red ball in the centre of the shell. It moves if the egg is quickly rotated. As the egg ages, the position and opacity of the yolk change; it becomes freely movable and acquires sharper outlines. "Stale" eggs are classified largely by these characteristics.

The rotten egg is opaque, or dark-coloured, and is homogeneous.

A "Spot rot" is an egg in which the yolk has stuck to the shell, or in which fungi have formed a visible growth, and is due to long holding.

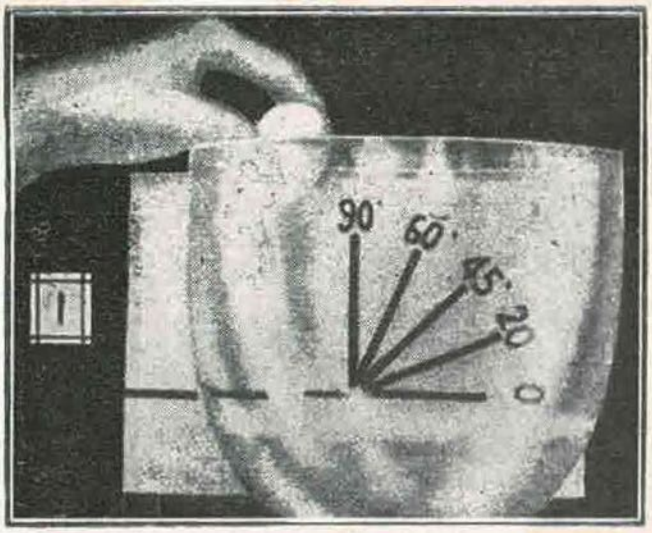
"Spots" are either particles of fungoid growth, seen as dark masses in the body of the egg, or the round, characteristic area, varying in size from a small pea to an inch or more, caused by the developing embryo.

"Checks" are eggs showing cracks, either those which are "blind," that is, very small, or those which are easily seen, yet which do not permit the contents to escape.

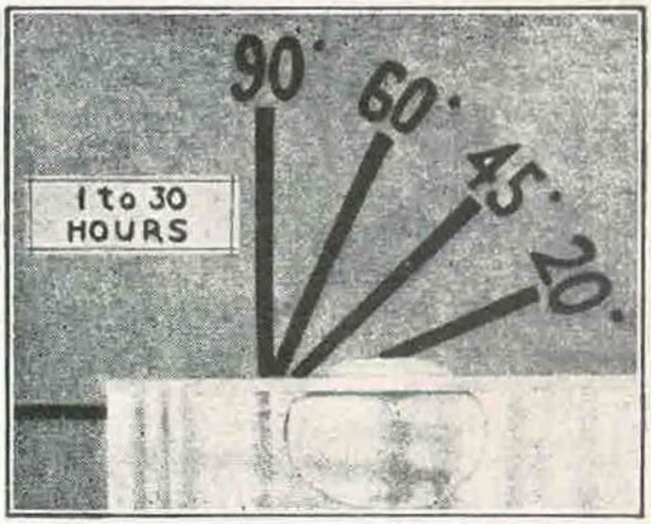
As opposed to these are "leakers," where the shell is badly broken.

Testing the Age of an Egg.

An Easy, Interesting and Reliable Method.



These illustrations show how the age of an egg may be tested with a fair degree of accuracy, by simply placing the egg in a bowl of water. A horizontal line should be drawn upon a sheet of paper, with lines marked off to form 90, 60, 45 and 20 degree angles. This is placed behind the bowl.



An egg which is 1 to 30 hours old will assume a horizontal position when placed in the water.

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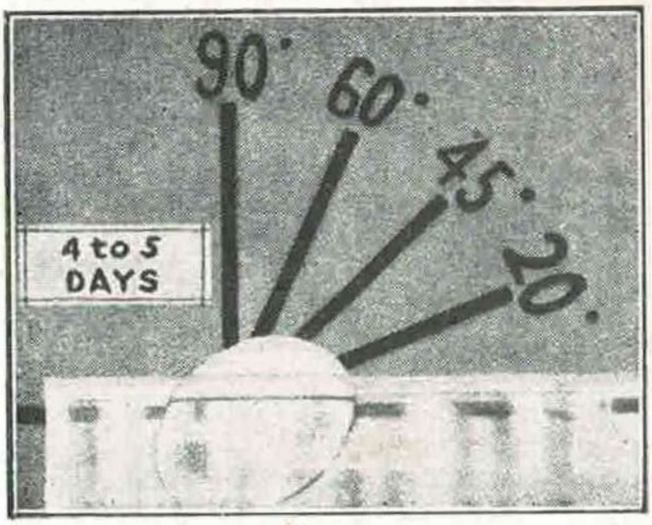

If an egg is from 4 to 5 days old, it will assume a position as shown, forming an angle of about 20 to 30 degrees.

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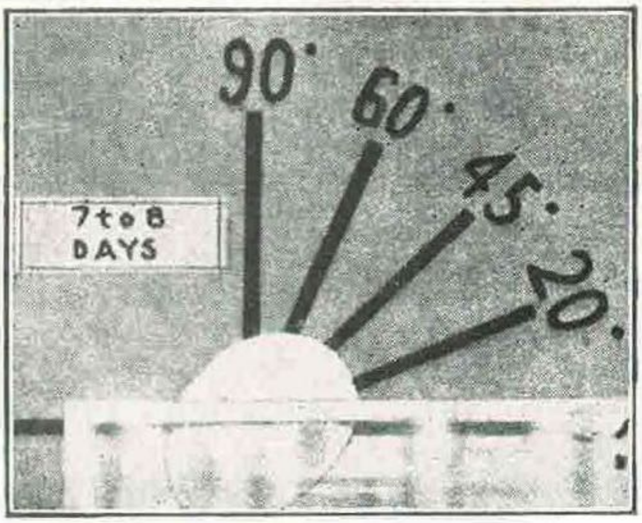
Testing the Age of an Egg.

If it is about a week old, it will slant at a 45 degree angle.



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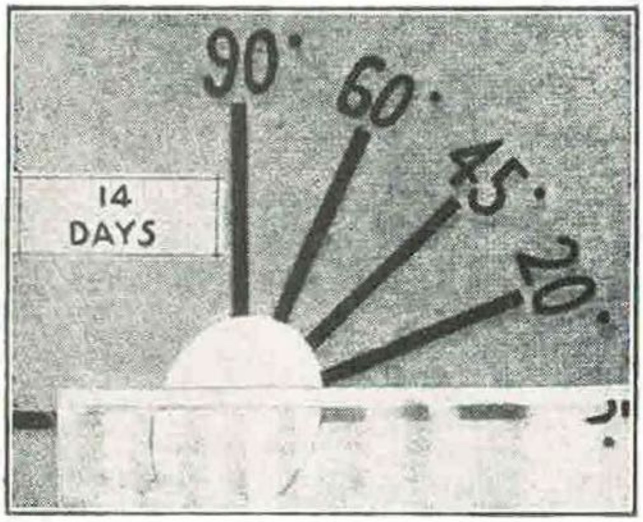
If the egg is about 14 days old, it will assume a position parallel with the 60 degree angle line.



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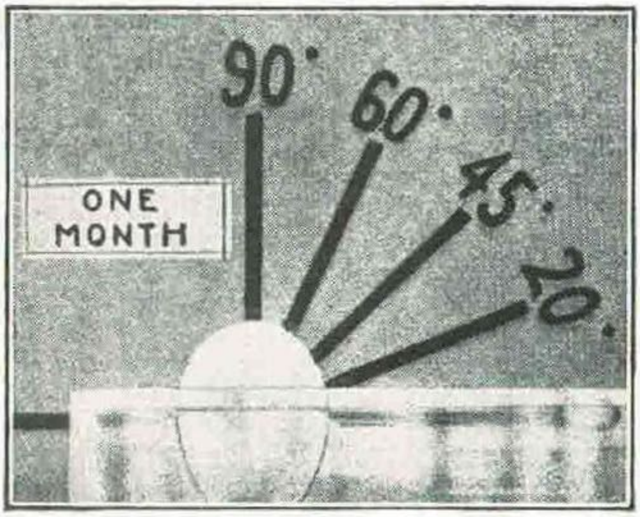
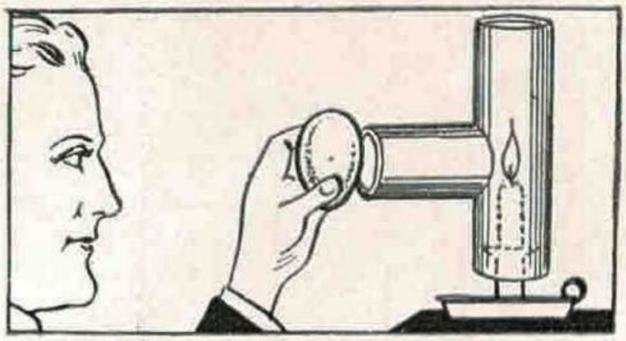
An egg one month old will assume a vertical position with the tip pointing downward.





A Useful Testing Device.

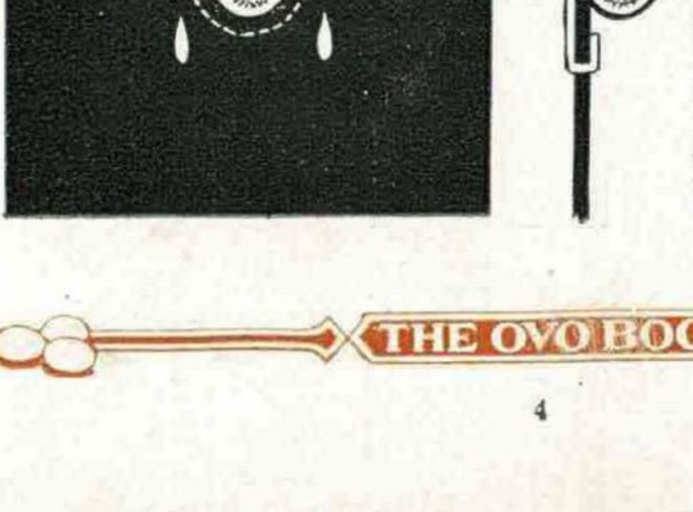
AN effective method of candling eggs is as per illustration above. The egg candle consists of a bright light, protected on all sides by an opaque shield in which are one or two oval holes a little smaller than the egg. The egg is pressed firmly against these holes, and, as the light shines through, the yolk and white may be seen, as well as the air space at the large end of the egg, and any foreign bodies that might be present.

Another Way of Testing Eggs.

If you have any doubts, place the egg in a solution of brine, made by adding two ounces of salt to a pint of water. If the egg is fresh, it will sink.

Testing of Eggs by the Poultry Breeder.

A Simple Egg Tester, made from Cardboard and Wire.



The eggs should be tested on the seventh day, and the infertiles removed. If the egg is “clear ’ it won't hatch. If, on the other hand it is streaked, it shows the germ has started to grow, and that it is a fertile egg. Remove those which are “clear” or “addled.” They will not hatch.

The Action of "OVO" in Preserving Eggs.

New laid eggs in the natural state are enveloped in a skin of gummy or mucilaginous material. This skin is an effective protection (while it lasts) against the germs of decay. It follows that the egg will keep fresh as long as this skin is intact, but when the coating ages or is rubbed away, wetted or otherwise destroyed, putrefaction may at once begin, hence the staleness of eggs which have been stored some time before preserving.

"OVO" reinforces this protective skin with a deposit of a material which closely resembles the natural coating in its essential properties. It is evident, therefore, that by using "OVO" no air or putrefaction germs can gain access to the interior of the egg, and no evaporation can take place from inside. The exclusion of air and bacilli makes it impossible for decomposition to occur; and the prevention of evaporation ensures that no large air spaces be formed, such as are often found in eggs preserved by other methods.

"OVO" thus becomes the natural preservative, and enables eggs to retain their freshness, and, equally important, their flavour.

Eggs put down in "OVO" keep fresh, not only for months, but even for years.

Do not move the tin of eggs once they are put down, as there is a danger of one egg cracking the other one, owing to excessive weight.

If eggs crack, the result is a musty smell, in which case you should immediately take out the cracked egg.

If space is available, it is best to place the kerosene tin in a kerosene case, so that it will be held more securely.

Every gallon of "OVO" is regularly tested before it is packed. This factory test guarantees dependability.

Food Facts Concerning Eggs.

(By W. C. RUGG, Chief Poultry Expert, in the "Journal of Agriculture.")

Next to milk, the egg is probably the best concentrated food for both the young and the old, the healthy and the sick. It is so good, because it contains all the elements of life, for when a fertile egg is incubated for 21 days a chicken hatches, so it must contain everything that is needed to make up the body of the chicken—blood, bone, tissue and flesh.

The white of the egg is one-tenth albumen, and the rest mostly water. The yolk is by far the most nourishing part, nearly one-third of it consisting of fat in a very digestible form. Eggs contain lime, phosphorous and iron. All medical men know that eggs are rich in vitamine D, and also contain vitamines A and B as well. Everyone needs vitamine D to assist the body to work normally, and where it is lacking in the food of children, they are likely to suffer from rickets.

The chemical composition of vitamines has not been determined as yet, but it is known that the principal sources of vitamine D are the ultra-violet rays in sunshine, cod liver oil and yolks of eggs.

Unfortunately, a great number of people, especially workers in offices and factories, cannot spend sufficient time in the sunshine. For such, cod liver oil would be an excellent food, but to most people it is very unpalatable. There are few, however, to whom eggs cannot be made appetising.

The great majority of consumers are unaware of the importance of vitamine D in body building, and its wonderful health-giving properties. There is little waste in the digestion of an egg, and it is almost entirely absorbed by the body, and there are few foods that will so quickly repair wastage in the human body as new-laid eggs.

I read an article some time ago by Dr. Bundesen, of Chicago, in which he stated: "Vitamines are to the food what nails are to a board in building a house. If you feed a child calcium and do not give him enough vitamine D, he will get rickets. If you do not nail the boards together, your house will get rickety."

Worthwhile Hints.

To make a substitute for cream, warm half a pint of new milk, and, when just on the boil, stir in a well-beaten egg. Turn into a basin to cool.

To Prevent Preserved Eggs Cracking.—Carefully pierce the large end of eggs with darning needle before putting in water, and they will not crack when boiled.

To make one egg go as far as two, beat up the yolk in half a teacup of milk, then whip the white to a snow, and stir the two into any mixture, pudding, cake or batter where eggs are required.

Chemistry of the Egg.

(A Complete Analysis by Norman D. Kay, F. Inst. T.C.)

Chemically considered, the egg is the most wonderful thing in the world, for it contains "all the promise and potency" of flesh, blood, bone, muscle, nerve, brain, and feathers—and further, that which is beyond chemistry, life itself! When used as human food, that potency stands for almost all that is required for the proper nourishment of man himself; and from time immemorial man has used the eggs of birds for that purpose.

When writing on the composition of the egg, it is usual to give figures for the average chemical composition of eggs in general; but I believe that it is more illuminating to study the composition of one particular egg, taken, in this case, from the data of a complete analysis specially conducted for the purpose of this article. The egg which I selected was from a normal and true-to-type black Orpington hen. The egg weighed 62.9911 grams—that is, approximately 2 1-5 oz. Its specific gravity was 1.0917—slightly heavier than an equal volume of pure water. This egg was very carefully opened; and the natural divisions scaled as follows:—

Shell	10.15	per cent.
White	59.60	,,
Yolk	30.25	,,
The whole egg	100.0	,,

The white of the egg, of course, is principally made up of the proteins and water; and on evaporation it yields 14 per cent. of solids of density 1.309. From many tests of different sizes and kinds of eggs, I find that the water of the white varies more than any other constituent in the egg. The fluid white was of specific gravity 1.0396; and in this particular specimen it weighed 37.542 grams. My analysis gave the following composition:—

Proteins	11.9977	per cent.
Glucose	0.4214	,,
(The only carbohydrate.)		
Fat	0.1618	,,
Ash	0.5073	,,
Water	86.0	,,

There were four proteins present, I found; and in the following proportions:—

Ovalbumin	43.061	per cent.
of the total protein.		
Conalbumin	40.439	,,
Bromucin	10.0	,,
Gloubulin	6.5	,,

By qualitative tests I found that the principal inorganic salts present in the white were sodium chloride, sodium carbonate, and calcium sulphate; and the following figures will indicate the complete elemental composition of the total ash.—

Potassium oxide	30.0	per cent.
Sodium oxide	26.0	,,
Calcium oxide	1.9	,,
Magnesium oxide	2.8	,,
Iron oxide	0.4	,,
Silica oxide	1.2	,,
Phosphorus oxide	5.7	,,
Sulphur oxide	2.3	,,
Carbon oxide	0.7	,,
Chlorine oxide	29.0	,,
	100.0	

(The last three items were estimated in the gaseous state.)

Chemistry of the Egg (Contd.).

The energy factor for the white of egg is 245 calories per pound, which is equal to 15.3125 calories per oz. From the dietetic standpoint, the white is accordingly lower in food value than the yolk.

The yolk weighed 19.05 grams, and was found to be of the following composition:—

Vitellin	15.0	per cent.
Nuclein	1.03	,,
Cerebrin	0.29	,,
Chlosterol	0.29	,,

(Probably seat of vitamine "D.")

Fats	29.46	,,
Ash	1.03	,,
Glycero-Phosphoric Acid	1.29	,,
Coloring matter	0.32	,,
Water	51.39	,,
	100.0	

The specific gravity of the yolk-fat is 0.88 calculated at 100 deg. C., water at 15 deg. C. being unity. The composition of the yolk-ash is as follows:—

Sodium oxide	6.12	per cent.
Potassium oxide	9.63	,,
Calcium	13.45	,,
Magnesium oxide	3.15	,,
Iron oxide	2.18	,,
Phosphorus oxide	64.01	,,
Silica oxide	0.56	,,
	100.0	

The dietetic value of the yolk is very high—indeed, it is a wonderful and highly concentrated food in itself; and as a glance at the figures will readily show, the yolk is rich in the special materials required for brain and nerve reconstruction. These are the vitellin, nuclein, cerebrin, and the glycero-phosphoric acid. The energy factor is 405 calories per pound more than that of the white of egg, and 500 calories per pound more than beef steak. The actual figure for the yolk is 1,650 calories per pound, or 103.125 calories per oz.

We should also remember that the yolk of the egg is rich in the "A" fat-soluble food-vitamine. This is the accessory food factor so necessary for growing children. We must also remember that this vitamine is readily destroyed when heated in contact with atmospheric oxygen; and on that account the yolk of the egg is an ideal vehicle for conveying this important vitamine, as its enclosed nature permits the egg to be boiled without the destruction of the delicate and unstable substance. The egg yolk also contains the "D," or antirachitic vitamine, which prevents rickets and other bone diseases in children.

From this analysis, together with the extra data supplied, it is easy to realise that the egg is one of the most important items of diet; accordingly, that the poultry industry is one of great importance to the human community.—Norman D. Kay.

Eggs Give More Virility Than Meat.

(An Article by Milo Hastings, Director of Physical Culture, Food Research Laboratory, U.S.A.)

We can argue till doomsday about this or that natural or complete food, but the egg is the most natural and complete food produced by Nature or known to science. Milk is the perfect nourishment for the fully-formed young animal, but the egg forms the young animal as well as nourishes it. The calf can live on milk only, because he is born with excess iron in his liver. Not so the chick; he is born from his mother without any liver and without a drop of red blood in his veins—or even any veins. There is no warm-blooded life without red blood to carry oxygen, and no red blood without hemoglobin, and no hemoglobin without iron. Q.E.D., as they say in geometry, there is iron in the egg!

Also, the chicken has bones, and bones are not without calcium; therefore, calcium is in the egg. But there is more calcium in the egg shell, and we are told that the chick absorbs part of this shell calcium to form its bones—a very awkward theory that, for those who oppose all denatured foods, for who wants to eat an egg-shell?

And so we could follow through the argument with every known chemical of food element. If the chemist finds it in the chick and not in the egg, then chemistry lies—unless it is something that can come out of the air. In the early days of crude incubation, the incubator chicks did not hatch as well or live as well as the hen-hatched variety. At that time, poultrymen believed that there was some vague essence of life transmitted by the setting hen to her offspring in the eggs. Some thought it was a sort of magic oil shed by the hen's greasy feathers, and others assured us it was "vital magnetism." But these theories are all forgotten in the modern days, when an incubator can out-hatch a hen, and incubator-hatched pullets lay three hundred eggs a year.

The egg is the perfect food, sans doubt—at least for the baby chick. In so far as it is not a perfect food for an adult man, it must be because the man's food requirements are different. Granted your man is not a chick nor a calf; but that is a poor argument for vegetarianism that would forbid the use of milk and eggs for food, because man is neither a wheat plant nor a walnut seedling. The eating of grain, nuts and fruits is the human appropriative of Nature's perfect food for young seedling plants. The use of milk and eggs the appropriation of similar perfect foods for young animals of another species. In none of these do we find a perfect food for an adult man, and it is only by experience and investigation that we can work out a perfected diet from the various sources of food supply found in Nature, or created by man himself.

But in the egg we have a perfect food for the functions of young, warm-blooded life, and all the constructions, renewals and activities of life that require cell creation and rejuvenation. The grosser fuel for man's more powerful exertions, or roughage for his more ponderous digestion, are dietetic needs that the concentrated and exquisitely refined food perfection of the egg does not supply. Meat, as we eat it, is merely the muscle of an animal with a little adhering fat. Muscle is a useful tissue to any animal, and so is fat, but these two substances are but two out of hundreds that are needed to make life go in its completeness. To class eggs with meat is as gross and stupid a blunder as to call white flour bread our "staff of life."

There is another difference which is not without significance; meat is part of a dead animal, while eggs are neither dead nor alive. Barring the microscopic germ cell, the egg is not an animal, living or dead, but food prepared for an animal. A gentleman from Colorado recently had trouble understanding this. He wrote to ask me if infertile eggs were not denatured food, since they had no life in them. He seemed to feel that the life germ of the chick was in some way essential to "vitalise the egg." The germ of the chick in a fresh fertile egg is about the size of the angels of the theologian's imagination that could dance on the point of a needle.

This chick germ is probably good food as far as it goes, but it would require several billions of them for one breakfast. And the germ doesn't affect the rest of the egg until it begins to grow and feed on it. The reason infertile eggs are considered better as food eggs, is because when the other kind happen to be left in a warm place this wee-wee baby chick begins to grow, and eats up part of our breakfast before we get to it.

The egg is wonderful indeed, and, properly used, a very good food for man. But while a little egg is a good thing, too much egg is too much of a good thing. A diet of eggs alone would give us humans more growth protein than we need or could utilise, and probably an excess, too, of other elements. You may recall that some months ago we reported the best growth on rats we have ever observed in our laboratory on a diet of eggs and whole wheat. Later, we wanted to see just where the limit was, and we fed some rats a diet of almost pure egg yolk. They started growing at a rate that we would be afraid to publish for fear our fellow rat scientists would call us liars; but it didn't last, and the later growth of those rats was anything but satisfactory. Then we tried an old rat on straight boiled eggs. For a couple of days, she was in the heaven of her dreams, and ate like a farm hand at threshing time. Then she, too, decided she wanted a change of diet, and wanted it badly. Most of our rat diseases, as produced in the laboratory, are food deficiency diseases, but this rat had a plain case of food sufficiency disease, much like little boys get the day after Christmas.

In this respect, eggs probably differ from milk—although I have not seen the idea thoroughly tried out on human subjects. Milk can be used as a complete diet in practically unlimited quantities, and where certain body-building and restorative effects are desired, with most marvellous results.

I do not think that eggs exclusively could be so used. Eggs contain neither sugar nor starch. They are devoid also of any wholesome fibre or other indigestible bulk needed to cause the contents of the adult alimentary canal to keep moving. Milk is also devoid of fibre, yet its purpose in nature was for use in a born animal, and it is not devoid of a laxative quality. Probably in this quality of too much concentration of pure food elements only, an egg is more closely approached by cheese—which is milk, with its sugar and water removed. Common experience and common sense should tell us that neither cheese nor eggs are suitable as articles of exclusive diet—at least not if used in full quantity to supply fuel food to keep man's full activities and without reducing his weight.

The mineral content of eggs, as well as the high protein and fat content, gives a key as to the best foods to combine them with. Vegetables and fruits generally go well with eggs. The green leafy vegetables and the citrus fruits are especially supplemental to eggs.

Eggs served with spinach or with any kind of green salad make a dish of special worth. Such a dish is highly corrective of our lacks in a diet of cereals, starches, sugars, etc., and is of special benefit, whereas meat would aggravate the faults of the cereals. In the way of an especial tonic food beverage, nothing could beat the egg-nogg made of egg, or egg yolk with orange or lemon juice. Egg yolk and orange juice is indeed my favorite food medicine prescription, and I have shown my faith in it by making it the safety first addition to milk (first of the human, and then of the bovine variety) in feeding my own rosy-cheeked baby girl.

When we combine the orange juice with the egg yolk, we add a balancing factor of more alkaline minerals and a greater concentration of the "C" vitamin, which is none too abundant in the egg or milk.

The egg, while not an all-round simple food as is milk, has, I believe, great future possibilities in curative dietetics. Please do not let this suggestion lead any of you to try an excessive egg diet. Four eggs a day, or six yolks, if these only were used, would, I believe, furnish an ample abundance of egg elements of peculiar value in any diet, and the use of a dozen eggs a day would be a stupid excess.

Of these peculiarly valuable uses of eggs, the most obvious would seem to be the egg-a-day programme for child nourishment. Let it be the raw yolk only with orange juice till the age of one year, and after that the whole egg, soft boiled, with spinach and vegetable juices added to the diet.

For combination with the egg for the share diet uses, I would suggest the green vegetables and the whole wheat foods. An egg and fruit diet, too, would, I believe, have interesting possibilities.

Another use of eggs that is suggestive of possibilities is for the prolonged reducing diet or partial fast, where one wishes to cut down the gross bulk of food, and yet avoid the possible development of any deficiency of some of the rarer elements of nutrition. Here, again, I would suggest not the eggs straight, but a combination of eggs with leafy foods, citrus fruit and bran, or other bulky and laxative foods. This scheme of using foods that supply the rare food essentials without the fuel foods would permit of a much-longer abstinence from quantity feeding, and with depletion of essential organs and structures, than would the complete fast, and hence should seem a wiser plan of reducing excess weight than either fasting or merely cutting down food quantity.

A last curative use of eggs that I will suggest is the diet in eggs and milk as a weight-gaining diet, and for use in consumption and under-nutrition. It is a high protein diet and a growth-forming diet. The field of usefulness would be similar to the straight milk diet, which, being simpler, has thus far found the wider use. Here, again, I have not the experience to advise dogmatically, nor do I wish to make blanket prescription. I recall a case, however, that is very suggestive of possibilities.

A certain New York business woman I know, who is in her middle thirties, had for years been unduly slender. Being of goodly height, this bean pole figure was anything but pleasing. I had not seen her for perhaps six months, when she walked in one day with a most femininely rounded form, and the fine grace and carriage of a full-fleshed, though not unduly heavy, woman.

How did you do it?" I demanded.

"Six raw eggs a day," was the reply. "I ate them anywhere and everywhere, at home or between meals as egg nogs at soda fountains."

"Is that all you did?" I demanded.

"That's all," she assured me, "except that I walk about ten miles a day, but I always did that, and I used to walk off everything I could eat, but now I have twenty pounds of solid flesh that I never had before," and she doubled up a bicep that seemed ready to knock down a mere little question-asking man like me.

A last use of eggs which I would suggest is their moderate use by perfectly normal healthy people as a regular part of the bill-of-fare, and in the place of meat, and not as an addition to meat. As for recipes, there are several hundred ways to cook or serve eggs, and they are all good, but you will get more bill-of-fare for your money by cooking eggs as eggs than you will by making a dozen of them into a devil's food cake, and then wondering what to have for dinner.

ONE KEROSENE TIN HOLDS 16 DOZEN FRESH EGGS

These Months Mean Dear Eggs.

Each year it happens—from January to July, eggs are small—they are scarce, and prices rise from 1/3 dozen to 3/6 per dozen. A veritable egg famine sets in, and the average housewife finds she is forced to stint the eggs in the baking. But there is no need to be inconvenienced by prices and lack of eggs. The surest way to guard against the yearly shortage is to put down eggs in Ovo in the spring time when eggs are down to 1/- and 1/3 dozen. Then when prices jump up in winter, you will have plenty of spring eggs at spring prices.

"OVO" Makes One Egg Almost Equal to Three.

40,000,000 eggs were put down last year in Ovo, the tried and trusted preparation, at a total saving of over £200,000. Ovo has proved a huge success—150,000 Australian housewives vouch for that. Ovo keeps eggs fresh and full flavoured for years, and is the most economical preservative known

VICKERY'S
EGG PRESERVATIVE
OVO
ONE KEROSENE TIN HOLDS 16 DOZEN FRESH EGGS

Ovo Your Eggs

Tell your Grocer you must have OVO.

Sold in 4 size tins. Nos. 1, 2, 3 and 4.

DIRECTIONS FOR USERS OF Ovo

First test all shells by tapping the eggs together. Many eggs will thus be rejected that do not show any visible cracks; these rejects can be used at once, or sold to a user.

To ONE part of "OVO" add not less than FIVE parts of water, and then stir thoroughly. This can be done by measuring with the "OVO" tin. Put the eggs in any convenient vessel.

If you preserve a large quantity, use Black Iron Tanks ("OVO" does not rust), or clean casks or cemented tanks.

For moderate and small quantities, kerosene tins make the cheapest and handiest vessels. To prepare the tins, cut the heads out, wash well, then put two prepared tins into a kerosene case, which, when full, can be lifted anywhere. Then proceed to fill with eggs; each tin holds about 16 dozen. Next pour on the mixed "OVO" and water, leaving about one inch of liquid over the top of the eggs; a piece of tin laid on top will keep the eggs from floating.

Examine the eggs in summer-time, and if the liquid has evaporated, add a little water.

Any "OVO" remaining unused can be kept till next season without deterioration.

Sometimes a thick white deposit collects on the preserved eggs—this does no harm, and can be easily washed off.

Sizes of "OVO."

Bulk "OVO"—Two tins, each four gallons, in case. Each case covers about 600 dozen eggs.

No. 1 "OVO"—Each tin covers 10 dozen eggs.

No. 2 "OVO"—Each tin covers 16 dozen eggs (a kerosene tin full).

No. 3 "OVO"—Each tin covers 24 dozen eggs.

No. 4 "OVO"—Each tin covers 60 dozen eggs.

DON'TS FOR USERS OF OVO

Don't put down cracked eggs or thin-shelled ones.

Don't put down chilled eggs. Be sure to select fresh, new-laid supplies.

Don't put down stale eggs. See methods of testing on other pages of this book.

Don't forget to stir mixture thoroughly. Simply follow the easy instructions issued with each tin.

Don't fail to guard against high egg prices in winter. Put eggs down in OVO during springtime.

Don't forget that eggs put down in OVO can be boiled, poached, fried or used for any other culinary purpose.

Don't accept anything but OVO, the genuine, original preparation, with the 35 years old reputation.

Don't use dirty vessels.

Keep In Mind The Fact That

OVO won't make stale eggs fresh.

OVO does not make the shells thinner—it makes them firmer and harder.

OVO preserves eggs that can be boiled, fried, poached or used in any other way.

OVO is clean and easy to use.

OVO preserved eggs may be kept in the liquor two years without depreciation.

OVO preserved eggs will keep out of the liquor for weeks, and may be sent long distances.

A Survey on Cooking Eggs.

Some Appetising Dishes by "Vesta," of the Melbourne "Argus."

Of all the foods we eat, there is none that plays a more important part in our diet than eggs. How to manage without them is a problem that we have never had to face here, because we are able in times of plenty to preserve enough to tide us over the seasons of scarcity. Even during the war, when women in Europe had perforce to devise ways of cooking that did not call for their use, we were never without an adequate supply. Fortunately for us, they are usually plentiful during the hot weather, when most of us feel inclined to cut down our consumption of meat. Despite the fact that we use them very freely, however, many women have never learned to cook them well. The average cook knows four ways of preparing them for table, and does none of them well. The boiled egg is, as often as not, almost hard boiled; the fried egg is brown and tough; the poached egg broken and unsightly; and the scrambled egg dry and unappetising. So seldom have I seen a really well-cooked egg that it seemed to me that my readers might be interested in knowing what I have found to be the best ways of dealing with them, and in some suggestions as to variety in methods of cooking them.

No egg that is not really fresh should ever be boiled or poached. And by really fresh I mean not more than 48 hours old. Properly packed, eggs will keep fresh enough for all ordinary cooking purposes for at least a fortnight, but after two days we do not get the delicate flavour and beautiful appearance that make the new-laid egg so appetising when properly boiled or poached. To boil an egg to perfection, enough water should be put into the saucepan to cover the egg completely. The water should be brought to the boil, and when it is boiling fast, the egg should be put in and the saucepan removed from the gas or fire, and placed on a cool part of the stove. In five minutes the egg will be perfectly cooked, and no one who has ever eaten a new-laid egg cooked in this way will ever want to do them differently again. For poaching, a small frying pan is the best utensil to use. It should be nearly filled with water, and a little salt and vinegar added to the water. Bring the water to the boil, break in the egg, and lift the pan off the fire, or turn off the gas. Leave the egg until it is set, then lift it carefully, and serve on toast, or with well-cooked spinach or asparagus. The egg should be almost perfectly oval in shape, and a delicate pinky white in colour, but this result can only be obtained with a new-laid egg. After two days, the white begins to get thin, and scatters when dropped into the water. To fry an egg, there should be enough fat in the pan to let the egg "swim." Only one egg can be cooked at a time satisfactorily. The fat must be heated, but not allowed to get very hot. Drop the egg into the pan, then tilt the pan in order to bring the egg close to one edge. Keep the fat hot without letting it boil, and with a tablespoon keep pouring the hot fat over the top of the egg, so that it cooks evenly above as well as below. When quite set, lift the egg on a perforated slice, in order to drain off all fat before serving. The white of the egg should not bubble or brown in frying. Sprinkle a little pepper and salt over the egg before serving. In scrambling eggs, the same rule must be observed of not allowing the egg to reach boiling point during the cooking. Put a little milk and butter into the frying pan, season with pepper and salt, and put in the eggs, either beaten up or not, as preferred. Stir well for a few minutes, then keep scraping the spoon over the bottom of the pan, to remove the thicker part of the mixture as it sets. The important thing is not to let the mixture boil. Serve on buttered toast, first cutting the toast into small squares. A little vinegar added to the mixture just as it is beginning to set gives a flavour which many people like.

These four are the usual methods employed in cooking eggs, but it is possible to vary the flavour in so many ways that one might eat eggs every day and never tire of them. Those who find the plain poached egg a little insipid, for example, might try the following method. Put into a saucepan enough milk to poach the eggs required. Season the milk with pepper and salt, add a clove, a couple of peppercorns, a few slices of onion, a small sprig of parsley, and a few leaves of marjoram and thyme. Cover the saucepan, bring the milk to the boil, and boil for five minutes. Strain the milk into the frying pan, break the eggs into it, and poach them gently till set. Serve each one in a little dish, with a couple of spoonfuls of the milk around it. The whole process does not take longer than a quarter of an hour, and the result is a most appetising dish. For invalids or others, two attractive ways of serving eggs may be mentioned. Butter a small jar or mould, and sprinkle it lightly with very finely chopped parsley. Separate the yolk from the white of the egg, and whip the white till it is stiff. Season it with pepper and salt. Then put it into the buttered mould, pressing it down gently. Drop the yolk into the centre of the white. Tie a buttered paper over the top of the jar, place it in a saucepan with enough boiling water to come nearly to the top of the jar, and steam for eight minutes. Turn out on a hot plate, and serve at once. For the second dish, the white is beaten as before. A shallow saucer is buttered, the white of egg roughly piled in it, and the yolk dropped into the centre of the white. A light sprinkling of grated cheese over the top is an addition that most people will enjoy, and the egg is baked in a moderate oven for five or six minutes, until the top is coloured golden brown.

Three vegetables which "go" admirably with eggs, and can be used in their proper seasons, are tomatoes, spinach, and asparagus. With spinach or asparagus the eggs should be poached, but with tomatoes much more variety is possible. An excellent dish is made by stewing some tomatoes with a little butter, a few herbs, an onion finely sliced, a good pinch of powdered mace, pepper, salt, and a sprinkling of sugar. When the tomatoes are well cooked, pass the mixture through a sieve into a piedish. Break the eggs into the piedish, taking care that there is enough of the tomato mixture almost to cover them. Sprinkle fine baked breadcrumbs or grated cheese on top, and bake in a moderate oven for a quarter of an hour, or until the eggs are just set. Another attractive way to serve eggs and tomatoes is to take even-sized firm tomatoes, cut the top of each, and remove the seeds. Season with pepper and salt, put a piece of butter into each tomato, and break an egg into each. Bake till tomato is soft. With either of these tomato and egg dishes, little bits of crisp curled bacon may be served.

EGG RECIPES.

A FEW OF THE 685 EGG DISHES.

It is stated that in France there are 685 different ways of dressings eggs for the table. This is indeed a tribute to the value of the egg.

These Recipes are a few of the many, and will be helpful to housewives, in view of the fact that egg dishes are appetising and attractive, and are appreciated by most people.

Housekepeers are inclined to associate eggs too closely with breakfast, and when they have boiled, poached or fried them, or made them into an omelette, they think they have reached the end of egg cookery, with the possible exception of an Egg Salad for luncheon, or devilled eggs for a picnic. But if the chefs of famous hotels can so prepare eggs as to make them expensive dishes, surely we can learn to use them either to take the place of meat at luncheon or dinner, or to supplement previously cooked, unused food.

The egg makes an economical dish—and an easily-prepared dish.

Sizes and Weights of Eggs (On an Average).

Wyandottes lay smallest eggs of any of the larger breeds, and the White the smallest of these, while the Black Leghorn heads the list for size.

White Wyandotte	24¼	oz.	per	doz.
Black Leghorn	29	,,	,,	,,
Campine	25	,,	,,	,,
White Leghorn	25¾	,,	,,	,,
Rose-comb White Leg	24¼	,,	,,	,,
Rose-comb Brown Leg	23¼	,,	,,	,,
Langshan	26	,,	,,	,,
Black Orpington	25¾	,,	,,	,,

"OVO" Preparation enjoys a 35 years' reputation.

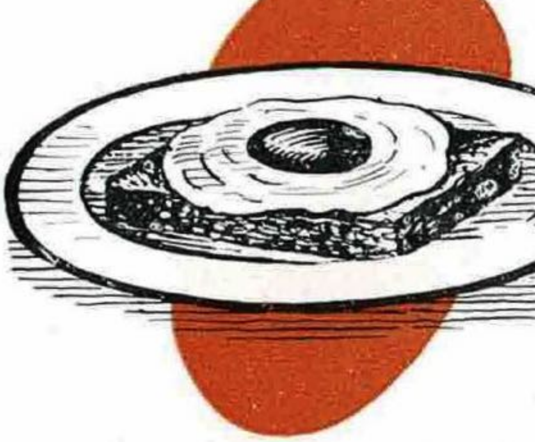
Egg Recipes.

MEASUREMENTS EQUIVALENT TO WEIGHT.

1 egg weighs 2oz.
8 eggs weigh 1lb.

SCALE OF PROPORTIONS.

5 to 8 eggs to 1 quart milk for custard.
3 to 4 eggs to 1 pint milk for custard.



Beating Eggs.

The object of beating the white of an egg is to tangle in the albumen, as bubbles, as much air as possible in a state of fine division. This operation is most successful if done in a cool place, preferably in a draught. The beating should be done with the blade of a knife on a large shallow plate, which allows the best circulation of air. To test the stiffness of the beaten white of egg, tip the plate over a clean basin; if the egg is beaten sufficiently, it will not drop off the inverted plate. The basin is a precaution against loss if the beating should be insufficient.

To Boil Eggs.

1.—Place in boiling water and boil from 3½ to 4 minutes. Newly-laid eggs take a little longer than others. If liked hard, allow from 5 to 7 minutes. Hard-boiled eggs for salads, etc., take from 10 to 15 minutes.

2.—Or place in cold water and bring to boiling point. Lift off the fire and place in a warm place on the range, where it will not boil, and leave for about 5 or 7 minutes, when the white will be delicately cooked. This is the best way to boil eggs. Boiled eggs may be served by heating again in boiling water, or they may be curried, or served as Edinburgh or savoury eggs (see next page).

To Poach Eggs.

Eggs for poaching should be about 36 hours old or the white is too milky to set. Have a frying pan (for 4 or 5 eggs) nearly full of boiling salted water or water with vinegar added (1 tablespoon of vinegar to 1 pint of water). Break the eggs separately into a cup or saucer, keeping the yolks whole. Slip the eggs one by one into the water, and let them simmer gently till the white is set. Take the eggs up with a slice, drain and serve on slices of toast, ham or bacon, etc. Or place each egg into a round, plain buttered patty-pan, place in a frying pan with a little boiling water, cover with a saucepan lid, and cook 5 minutes.

Steamed Eggs.

Spread the inside of small cups thickly with butter. Then press against the sides a mixture of delicate cooked and minced ham, bacon, veal or chicken and chopped parsley. Break an egg into the middle of each cup. Cover with greased paper, and steam till the eggs are firm. Turn out on to rounds of buttered toast.

Steamed Eggs.

4 eggs, ½ cup milk, 1 teaspoonful butter, with pepper and salt. Beat together, leave in the basin, and steam for half an hour. Fry some pieces of bacon, and serve on hot buttered toast. This is a nice breakfast dish. Do not let the water boil into the basin.

Egg Recipes.

Savoury Eggs.

5 or 6 Eggs.
Herbs.
½oz. Butter.
1 or 2 tablespoons Minced Ham or Anchovies.
Salt and Pepper.

Boil the eggs for 15 minutes. Cool, shell and halve. Pound the yolks with the ham, or anchovies, butter, herbs, pepper and salt; and fill the whites with the mixture. Press the sides together, brush with raw egg, and roll in breadcrumbs. Fry in boiling fat. Drain and serve on a napkin. Garnish with fried parsely.

Poached Eggs and Mushroom Sauce.

6 or 7 Eggs.
3 or 4ozs. of Boiled Ham.
½ pint Stock.
Toast.
5 or 6 small Mushrooms.
1oz. Butter.
Seasoning.

Mince the meat and mix well with the butter, seasoning of pepper and salt, and 1 raw egg. Stir this over the fire till hot. Cook the mushrooms (which may be chopped into small pieces or left whole) in the stock till tender. Have the toast cut into neat pieces and placed on a hot dish. Place the hot meat on the toast and then the eggs (poached) on top of the meat. Pour the gravy and mushrooms round.

Egg Entree, for Luncheon.

Boil three eggs for fifteen minutes, then place them in a bowl of cold water. Cut out some small rounds of bread with a cutter; fry these a golden brown in hot fat. When the eggs are cold enough, shell them carefully, and wrap each one in half an uncooked sausage cake; work it round the egg so that it is entirely enveloped in the sausage; roll them in a little flour, drop them into hot fat, fry a golden color, and drain on paper. Cut the eggs into halves crosswise, and put a half on each round of bread. Garnish with parsley.

Eggs and Green Peas.

5 or 6 Eggs.
¼ cup Boiled Peas.
Seasoning.
1½ tablespoons Cream or Stock.

Beat the eggs slightly, add cream, pepper and salt, and stir all over the fire; add the peas. When it thickens, take off and serve on hot buttered toast.

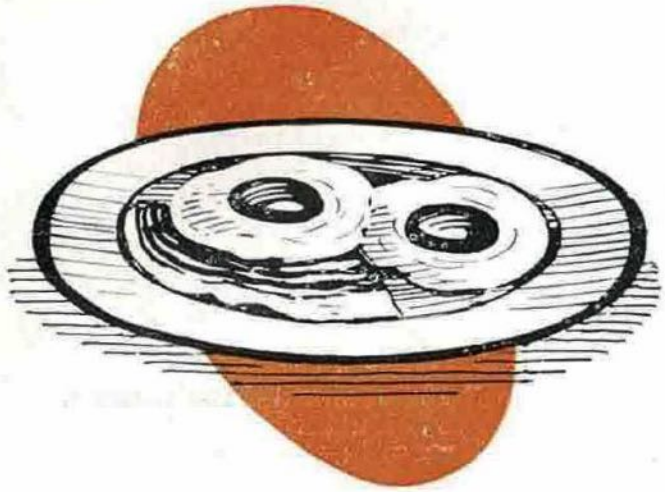
Eggs Baked in Tomatoes.

Have the tomatoes moderately large. Cut off the tops and scoop out some of the pulp. Season and then drop an egg into each. Place on a greased dish, and bake for about 10 to 12 minutes. Take the part scooped out, season and heat over the fire with some butter. Put this through a sieve, re-heat, and serve as sauce. The tomatoes may be placed on slices of fried bacon or toast.

Egg Cutlets.

3 Eggs (hard-boiled).
1oz. Butter.
1oz. Flour.
¼ pint Milk.
1 small teaspoon Curry Powder.
A little Lemon Juice.
Salt and Pepper.

Melt the butter in a saucepan, add flour and curry powder, and cook for a minute, then add the milk; stir until the mixture leaves the sides of the pan. Chop the eggs, and add them to the sauce, with the salt, pepper and lemon juice. When the mixture is cold, shape into cutlets, then dip into beaten egg and fine breadcrumbs. Fry a golden brown in smoking hot fat.



Egg Recipes.

Eggs a la Boston.

2 Eggs (yolks and whites separated).
¾oz Butter.
½ teaspoon Flour.
1oz. Chopped Ham.
½ teacup Milk or Cream.
1 teaspoon Chopped Onion.
Pepper, Nutmeg.

Fry the onion a nice brown in the butter, sprinkle in flour, add the milk, cook for a minute or two, add the seasoning. Take off the fire, and stir in the yolks, also three-parts of the chopped ham. Beat whites of eggs stiffly, and mix lightly into the mixture. Pour into a buttered piedish, sprinkle with the rest of the ham, and bake in a moderate oven fifteen minutes.

Tasty Egg Dish.

Roll some hard-boiled eggs in pastry, brush over with beaten egg, and roll in fine crumbs. Fry or bake brown. It may be served hot or cold.

Tomato Eggs, No. 1.

Six large tomatoes, 4 eggs, 1 tablespoonful milk, 2ozs. butter, and salt and parsley to taste.

Cut the tomatoes in halves, remove some pulp, and bake them until just tender, but not broken. Beat the eggs, and mix them with the pulp and butter, and stir over the fire in a stewpan until thick. Fill the tomatoes with this egg mixture, sprinkle a little parsley over them, and serve on toast.

Tomato Eggs, No. 2.

Stew some tomatoes, and season with salt and butter. Cut several slices of bread into little rounds, daintily toast them, butter, and keep hot. Poach the number of eggs required, place them on the buttered toast, pour the tomatoes round them, and garnish with parsley.

Tomato Eggs, No. 3.

Hard-boil the required number of eggs; when cold, shell them, and cut a small piece off the bottom of each egg to enable them to stand upright; slice some firm tomatoes into a glass dish. Stand each egg on a little mound of tomato, and pour over a good cheese sauce, the consistency of good custard (ordinary white sauce, with quarter of a pound of grated cheese mixed with it). Decorate with finely chopped parsley, and thin slices of tomato. This dish must be prepared at the last minute or the tomato will get watery.

Scalloped Eggs.

Three eggs, 2 cups fine breadcrumbs, 1 cup milk, 1oz. butter and salt.

Boil the eggs hard, and cut them in thin slices; fill the piedish with alternate layers of the eggs and crumbs. Make the milk hot, and pour it over, and sprinkle a few more crumbs on top. Then break the butter into small pieces, and sprinkle it over the top. Bake brown.

Egg Recipes.

Eggs a la Mode.

One cup breadcrumbs, 1 cup milk, 4 eggs, and salt.

Soak the crumbs in the milk, beat the eggs until very light, and add salt to taste. Pour this mixture into a buttered saucepan, stir gently over a cool fire till set, and serve hot on squares of buttered toast.

Sweet Omelette.

Take 4 fresh eggs, 1 tablespoonful cream or milk, 1oz. fresh butter, 1 teaspoonful castor sugar, and a pinch salt.

Beat the eggs well, add the salt, sugar and cream or milk. Then proceed as for plain omelettes.

Plain Omelette.

Take 4 eggs, 2 tablespoonfuls cream or milk, 1½oz. butter, salt and pepper to taste.

Beat the eggs until the yolks and whites are well mixed, then add the cream and seasoning. Melt the butter in pan, remove any scum, and pour in the mixture, and stir with a fork until it begins to set, then fold in any shape desired. Serve hot and quickly.

Savoury Omelette.

Take 4 eggs, 1 tablespoonful milk or cream, ½ teaspoonful finely chopped parsley, ½ teaspoonful finely chopped shallot or onion, a pinch of mixed herbs, salt and pepper, and 1½oz. butter.

Beat the eggs until light, add milk, parsley, shallot and herbs, salt and pepper. Then proceed as for plain omelette.

Egg Puffs.

One tablespoonful butter, 3 eggs, ½ teaspoonful salt, 6 tablespoonfuls flour.

Cream butter, add eggs, flour and salt. Beat till foamy, and put in patty tins. Bake in hot oven.

Eggs Sur le Plat.

For this an earthenware fireproof dish, or shallow dish, is the best to use, and serve the eggs in it. Butter well, and break into it as many eggs as are required, with a teaspoonful of milk for each. Season with butter, and put in the oven till just set, and serve hot. Garnish with grated breadcrumbs and cheese.

Eggs and Cheese.

Take 1lb. of cheese, cut into nice thin slices, and line a piedish all round, also the bottom. Then crack eggs in each corner, and one in the centre. Grate the rest of the cheese, and sprinkle over the top, then some parsley chopped fine, and bake for quarter of an hour.

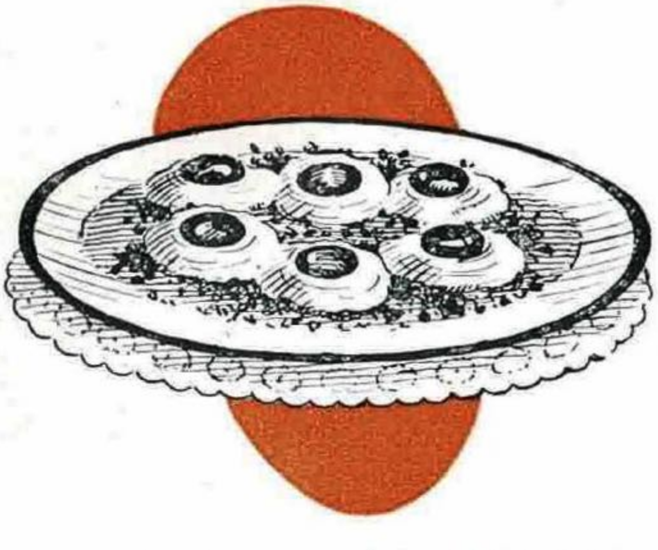
Savoury Eggs.

Allow 1 egg for each person, and hard-boil it. Next cut the eggs in slices, and put them in a piedish. Boil 3 onions in a pint of milk, with ½ teaspoonful of mixed herbs, a lump of butter (the size of an egg), and salt and pepper to taste. When this gets creamy, thicken it with cornflour, and pour over the eggs. Do the top with bits of butter, and put into the oven for 20 minutes.

Egg Recipes.

Spinach Souffle.

When the spinach has been boiled and is tender, mash it well, using plenty of butter, pepper and salt. Whisk the whites of two eggs till very stiff, then beat this through the spinach. When well beaten, pile it immediately into prepared souffle cases, or in one big dish. Bake in a hot oven for ten minutes, and serve at once.



Creamed Spinach and Poached Eggs.

Creamed Spinach and Poached Eggs.

Wash a peck of spinach. Put it into a stewpan with half a cupful of cold water, and cook from twenty to thirty minutes. Salt the spinach, drain, and chop fine. Put a tablespoonful of butter substitute into a saucepan, stir in a tablespoonful of flour; add salt and pepper, the spinach and half a cupful of top milk. Stir constantly for five minutes. Serve on a hot platter with poached eggs.

Spinach and Scrambled Eggs.

Required.—Two cupsful of cooked spinach, 3 tablespoonsful butter, 3 eggs, 2 tablespoonsful milk, pepper and salt.

Drain and chop spinach finely, and season with two tablespoonsful of butter and half the pepper and salt. Arrange in a neat border on a hot dish. Add milk to the eggs, and stir just enough to mix yolks and white. Pour into a saucepan, into which one tablespoonful of butter has been put. Scramble the mixture, keeping it in as large flakes as possible. Pour into centre of the hot dish, and serve hot.

Egg Delicio.

Wash some spinach thoroughly, and cook till tender with very little water. Chop finely when cooked, and season with butter, salt and pepper. Turn into deep pudding dish, make four or five hollows, and break one egg into each hollow or nest. Sprinkle with salt and pepper, and bake in moderate oven till eggs are just set. Serve with tomato sauce.

Buttered Eggs.

Melt about 3 tablespoons of butter in a basin placed inside a pot of boiling water. Add white pepper and salt. Beat up 3 or 4 eggs, and stir them into the hot butter. Keep stirring till they begin to set. Serve on buttered toast.

Egg Recipes.

Edinburgh Eggs.

4 or 5 Eggs.
¼lb. Pork Sausage Meat.
1 teaspoon grated Lemon Rind.
A grating of Nutmeg.
¼lb. Breadcrumbs.
½ teaspoon Salt.
¼ teaspoon Pepper.

Boil 3 or 4 eggs for 10 minutes till hard. Cool in cold water. Make a forcemeat of the breadcrumbs, sausage meat, seasoning and lemon rind, and bind with 1 beaten (raw) egg. Take the shells from the hard-boiled eggs, cover with the forcemeat, roll in flour, or brush with egg, and roll in breadcrumbs. Fry in boiling fat. Cut the eggs neatly in halves, and stand in a hot dish. Serve with a good thickened brown gravy poured round.

Edinburgh Eggs (Cold).

½ breakfast cup Breadcrumbs.
1 breakfast cup Chopped Ham.
¼ breakfast cup Milk.
6 hard-boiled Eggs.
1 raw Egg.
½ teaspoon made Mustard.
Salt and Cayenne to taste.

Cook breadcrumbs in milk five minutes, add the ham and seasonings and the raw egg, mix all well. Divide the mixture into six parts, and roll a piece round each egg, egg and crumb, and fry a golden brown. Serve cold, cut in half, and arrange round salad. Excellent for lunch or picnics.

Egg Fritters.

Egg Fritters are a certain success. Take some well-drained poached eggs, brush them over with well beaten yolk of egg; strew over some good cheese (grated), then breadcrumbs. Fry for a moment in very hot, clarified butter, then serve with fried or crisp parsley.

Potted Eggs.

As a change from the ordinary egg sandwich, Potted Egg makes a nice filling. Pound the yolks of three hard-boiled eggs with a tablespoonful of essence of anchovies. Mix with an ounce of butter to a smooth paste. Flavour with nutmeg and cayenne to taste.

Eggs with Olives.

Eggs with Olives should be a welcome recipe, as something different in the cold savoury line is very hard to find. Take eight squares of bread (about two inches square), two hard-boiled eggs, a little anchovy paste, two ounces of German sausage, eight olives, one ounce of butter, and a little beetroot. Cut the eggs in half, take out the yolks, and mash them with a little butter, salt and cayenne. Spread this thickly on the squares of bread fried a light brown in a little butter. Cut the white of eggs into eight rings, and lay one on each square. Wash the same number of olives and stone them. Pound the sausage and anchovy into a smooth paste, add a little cayenne, and stuff the olive with it. Stand each olive on end in a ring of white of egg on the croutons. Chop a little beetroot very finely, and fill in the space between the ring of egg and olive, or, if liked, a little very red tongue may be used instead.

Egg Recipes.

Eggs a l'Astoria, served in Tomato Cups.

Eggs a l'Astoria.

Boil 6 eggs for 20 minutes. Remove them from the fire, and stand in cold water until chilled. Cut each egg into halves, take out the yolks, mash them smooth, and add a teaspoonful of butter substitute, a teaspoonful of table sauce, pepper and salt. Stuff the empty whites of eggs with this mixture. Hollow out the centres of six tomatoes, and sink in each the half of a stuffed egg, garnished with mayonnaise. Serve on crisp lettuce leaves.

Eggs a la Charles.

Eggs a la Charles are quickly prepared for an emergency meal, and make an attractive looking dish. Butter small moulds, and sprinkle them thickly all over inside with chopped parsley. Break a fresh egg into each, sprinkle it with grated cheese and breadcrumbs, and put a small piece of butter on top. Place the moulds in a baking dish half-full of boiling water, and stand them in the oven for 7 minutes. Unmould, and serve at once with chopped parsley.

Danish Eggs.

A dish, as its name suggests, of Danish origin, which is suitable for either luncheon, dinner or supper. Take one pound of rump steak, 3 small onions, 3 eggs, and salt and pepper, 3 or 4 tablespoonsful of butter for frying. Mince the beef finely, and season it well. Form into flat cakes three inches long and three-quarters of an inch thick. Coat these all over with flour. Melt the butter, and fry the cakes till golden brown. Lower the gas, and cook for four minutes. Remove from the pan, drain well and keep hot. Cut the onions in rings, fry them, and place them on top of the cakes. Fry the eggs in the usual way, and put one egg on each cake. Dish on hot plate, and pour round a thick, brown gravy, or rich tomato sauce.

Libeon Eggs.

For breakfast you will like Libeon Eggs. The number of eggs and tomatoes will vary according to the number of people and their respective appetites, but, as a general rule, for six people allow six eggs, six tomatoes, one dessertspoonful of chopped parsley, one teaspoonful of chopped onion, a pinch of powdered herbs, salt and pepper, half an ounce of grated cheese, breadcrumbs, and rounds of fried bread.

Choose tomatoes which are firm and of fairly large size. Wipe them, and cut a slice off the stalk end of each, then scoop out some of the soft inside. Mix the parsley,, onion and herbs, and a little of the salt and pepper together, then sprinkle some of the mixture inside each tomato. Break a small egg into the centre of each, cover with fine crumbs, and sprinkle a little grated cheese on top. Bake in a moderate oven for ten to fifteen minutes, then serve on rounds of fried bread.

Egg Recipes.

Egg and Cheese Turnovers.

Two eggs, 2oz. of dry cheese, 1oz. of butter, ¼lb. of pastry, salt

Melt the butter in a saucepan, then stir in the cheese finely grated, the pepper and salt, and the eggs well beaten. Reserve just a little egg to brush over the turnovers. Stir the mixture over very gentle heat until it thickens, but do not let it boil, or it will curdle. As soon as it is thick and creamy, take it off the fire, and set it aside to cool. Roll out the pastry thinly, and cut it in squares; on each square place a spoonful of the mixture, turn over, and moisten the edges with egg to join them. Put them on a greased baking dish. Brush over with egg, and bake in a hot oven for about 10 minutes.

Baked Eggs, with Cheese Sauce.

Four eggs, 1 tablespoonful of grated cheese, 2 tablespoonsful of butter, 2 tablespoonsful of flour, 1 cupful of milk, 1 teaspoonful of salt.

Brush an earthenware dish with a little butter; break into the dish the four eggs, cover the mixture with cream sauce, and sprinkle it with one tablespoonful of grated cheese. Bake in a hot oven for 12 minutes. Cream sauce, melt the butter, add the flour, mix well, and add the cold milk slowly, stirring until smooth and creamy; add the salt, a little pepper, and boil for two minutes.

Eggs and Cheese.

Three eggs, about 1½ teacupsful of grated cheese, a small piece of butter or margarine, salt and pepper.

Well butter a fireproof baking dish, and shake into it a thick layer of the cheese. Break the eggs carefully on to it, dust each with a little salt and pepper, and cover entirely with the rest of the cheese. Bake in a quick oven until the cheese is lightly browned.

Egg and Cheese Paste.

This is made by pounding cheese in a mortar with a little butter, and adding wine, vinegar, pepper and mustard, according to taste, until it is of the consistency of stiff paste. It is then used as a relish with bread and butter or biscuits for luncheon, supper, etc. Cream cheese may be made into a paste by mixing it with a little flour and butter, and 2 or 3 eggs beaten with a little good cream.

Egg and Cheese Ramekins.

Mix 2ozs. of flour very smoothly with a teacupful of water, and put it with a little salt and pepper and a piece of butter or margarine the size of an egg, into a saucepan. Boil for three or four minutes, and add 2ozs. of grated cheese, boil for another two minutes, and add two well-beaten eggs, stirring all the time. Have ready a well-greased baking tin, and drop the mixture in lumps about the size of a small apple a little distance apart. Press in the centre with a floured spoon handle, and put in a teaspoonful of grated cheese in the hollow. Bake in a hot oven for about 12 minutes.

Egg Cutlets.

One cup milk, 3 tablespoons flour, 1 tablespoon butter, 3 tablespoons grated cheese, 2 hard-boiled eggs, minced onion, parsley or celery to taste, salt and pepper.

Make a well-cooked white sauce of the butter, flour and milk. Put the eggs through a coarse sieve or food-chopper. Combine the eggs and the other ingredients with the white sauce, and let the mixture stand until it is cold. Shape it into small cutlets. Beat an egg and add three tablespoons milk. Dip the cutlets in the egg-mixture, roll in bread or cracker crumbs. Fry them in deep fat, and drain them on a soft absorbent paper. Serve the cutlets on a hot platter, arranged to form a border for a mound of French peas.

Egg Recipes.

Eggs in Old Virginia Style.

Eggs in Old Virginia Style.

Cut six hard-boiled eggs into halves, remove the yolks whole and mash them smooth with a little salad oil; add an equal amount of canned devilled chicken, mix with mayonnaise, fill the centre of the eggs and press together. Make a nest of crisp lettuce leaves, and arrange the eggs in a circle; garnish with small cooked carrots, and decorate each egg with a ring of mayonnaise.

Scrambled Eggs.

Allow one teaspoon butter and four tablespoons milk to each egg. Melt the butter in the top of a double boiler, beat the eggs lightly, add salt, pepper and milk, and add this to the butter. Keep the water in the lower part of the double boiler just below the boiling-point. Stir the eggs occasionally with a light, lifting motion, and cook until the mixture is of a soft jelly-like consistency. Serve at once on slices of toast. Garnish with crisp slices of bacon. Scrambled eggs should be cooked over low, even, slow heat. As soon as they reach the jelly-like stage, they should be served at once. If allowed to stand, they become hard and watery. Allow from 15 to 20 minutes for cooking enough scrambled eggs for six persons.

Egg Mimosa Salad.

Six hard-boiled eggs cut in dice, 2 cups cold boiled rice, 1 chopped pimento, ½ teaspoon grated onion, 1 cup diced cooked beetroot, lettuce leaves, seasoning.

Mix the rice, eggs, beet, pimento and onion together. Season lightly with pepper, salt, celery salt and paprika, then mix as lightly as possible with thick mayonnaise. Serve on lettuce leaves with hot cheese straws. Spaghetti may be used instead of rice.

Egg Mousseline Sauce.

Beat yolks of 4 eggs till light, add gradually 1 cup of powdered sugar. Cook 5 minutes, stirring constantly. Set in a pan of ice-water and beat till cool. Then add 1 cup of heavy cream beaten stiffly, 1 teaspoon vanilla essence, 3 tablespoons brandy, a pinch of salt.

Plaza Eggs.

Mix one can of shrimps with a cupful of thick mayonnaise. Put a layer of the canned shrimp on the bottom of little china ramekins; sink a hard-boiled egg down into the centre of each ramekin, pour over some mayonnaise, and decorate with capers. Serve with finger rolls.

Mushrooms and Eggs.

In the mushroom season, try this: ¼lb. of mushrooms, one gill of milk, 2 eggs. After washing the mushrooms, peel and stalk them carefully, and stew them in milk until tender, then chop them coarsely. Melt a little butter in a saucepan, and add to it the beaten eggs mixed with three tablespoonsful of milk, in which the mushrooms were stewed. Add salt and pepper to taste, stir the mixture over a gentle heat, then add the mushrooms. Stir them in, and cook until the mixture is a creamy mass. Be careful not to over-cook it, or the dish will be ruined. Heap the mixture on toast.

Egg Recipes.

Creamed Eggs with Sardines.

Melt two tablespoonsful of butter in a saucepan, add ¼ cupful breadcrumbs, one cup of milk, and bring slowly to the boil, then add two eggs hard-boiled and chopped very finely, a tin of sardines skinned and made free from bone and oil, and flaked into small pieces, half teaspoonful lemon juice, pepper and salt to taste. Bring to boiling point, but do not allow to boil, then serve on rounds of slightly buttered toast.

Egg Pickle.

Boil as many eggs as desired for half an hour. Remove shells, and place in wide-mouthed glass jars. Bring to the boil enough vinegar to cover eggs, add cayenne, cloves or mace, or any other flavouring liked. Pour vinegar over eggs, and when cold screw tops on jars. This is very nice eaten with bread and butter as a luncheon savoury.

Poached Egg Savoury.

Poach lightly the required number of eggs, and place them in a flat casserole or fireproof dish. Make sauce by melting a teaspoonful of butter in a saucepan, and add dessertspoonful of flour. Gradually mix in a teacupful of milk, and keep stirring until the sauce boils. The sauce should be of a nice consistency to coat the eggs. Next add a seasoning of salt, pepper, mustard, a drop or two of lemon juice, and a tablespoonful of grated cheese. Coat the eggs with the sauce, and sprinkle over another tablespoonful of grated cheese. Put into the oven to brown for a few minutes. If preparing a number of eggs, make a double amount of seasoning, using three tablespoonsful of cheese in place of two. Garnish the eggs with tiny sprigs of parsley.

Eggs with Asparagus.

Boil some nice young asparagus, and cut into pieces as small as possible, to look like peas. Have ready four eggs well beaten and flavoured with pepper and salt. Put the asparagus with them, and stir gently. Then dissolve two ounces of butter in a stewpan, and stir the mixture until it thickens. Serve on toast.

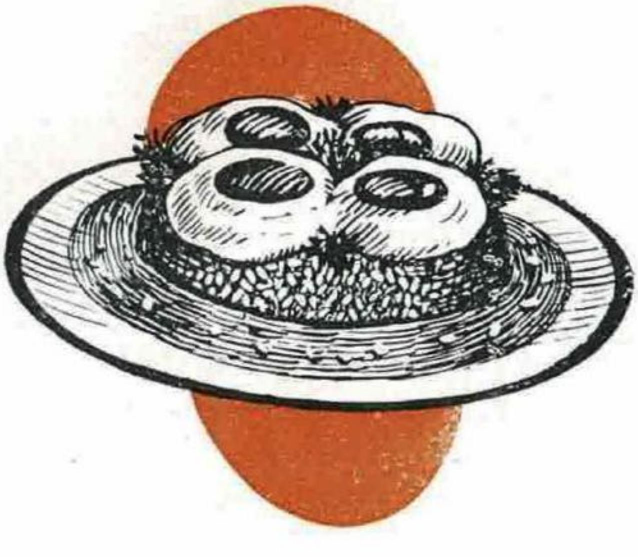
Fricassee of Eggs.

Three or four hard-boiled eggs, ½ pint of white sauce, a tablespoon of anchovy essence, seasonings, toast.

Boil the eggs for 10 minutes; if boiled too long, the yolks discolour, and have a green tinge, which spoils the look of the dish. Make some good white sauce by melting 1oz. of butter in a saucepan, add a heaped tablespoon of flour, mix, and pour on ½ pint of cold milk. Bring to the boil, stirring, and cook for quite ten minutes; season with anchovy essence, white pepper, and a dash of cayenne. Cut each egg into half, then into four, and then into eight, do not slice; place the eggs in the sauce, and warm through gently without breaking; pour into a deep dish, and surround with sippets of toast.

Eggs Excellis.

Instead of spoiling a scrambled egg mixture by mixing it with other ingredients, try serving poached or sliced hard-boiled eggs on neat rounds of cooked green peas, creamed spinach, asparagus tips, fried or baked tomatoes, or creamed potato. The vegetable can be placed either straight in a hot dish or on slices of hot buttered toast. Then serve hard-boiled eggs in halves on creamed macaroni, well mixed with grated cheese or on boiled rice mixed with plenty of cheese sauce. If preferred, the eggs need only be cooked for seven minutes, when the yolk and white will be still "soft." Above all, use ingenuity on the egg basket, and see how well it will repay your efforts.



Italian Risotto with Eggs.

Egg Recipes.

Italian Risotto, with Eggs.

Peel and chop one onion. Melt a tablespoonful of bacon fat in a stewpan, put in the chopped onion, and fry without browning; then add one cupful of rice and three cupsful of white sauce, and boil until the rice is tender. Turn the rice into a greased round flat pan, and keep hot until the eggs are cooked. Poach four eggs. When done, let them drain, then place them on the moulded rice. Garnish with parsley, and pour over risotto sauce around the base.

To make the sauce: Put two tablespoonsful of butter substitute and two of flour into a saucepan; mix until smooth, and then add the liquor from half a can of tomatoes. Season with salt and pepper, half a teaspoonful of celery salt, one tablespoonful of table sauce, and a tablespoonful of grated cheese. Let simmer for ten minutes.

Risotto with Eggs.

An unusual and very nice supper dish can be made by cooking some rice as if for curry, and then tossing it in a saucepan with sufficient thick tomato puree (or tomato sauce) to make it a nice colour and a creamy, smooth consistency. Butter a fireproof entree dish and turn the rice into it. Spread it smoothly all over the bottom. Break the required number of eggs gently on to the rice, dust lightly with salt and pepper, and cover with a light layer of fine dried crumbs and grated cheese. Pour a little melted butter over the top, and bake in a quick oven until a golden tint (about 10 minutes).

Eggs and Spaghetti.

For this favourite French recipe you require sufficient cooked spaghetti to make a "wall" around a hot entree dish. The required number of eggs are then hard-boiled and shelled. A tiny scrap is cut off the end of each to make them stand upright, and they are put in position in the centre of the dish. A thick tomato puree is then poured over them, and a little chopped parsley and grated lemon rind is scattered over the spaghetti border. Sufficient tomato puree must be made for each guest to get enough to moisten the spaghetti nicely. If fresh tomatoes are not available, used tinned tomatoes and sieve them. Thicken with a "liaison" of butter and flour until the puree is thick enough to coat the eggs nicely (test with the back of a spoon to see if it is thick enough to "coat").

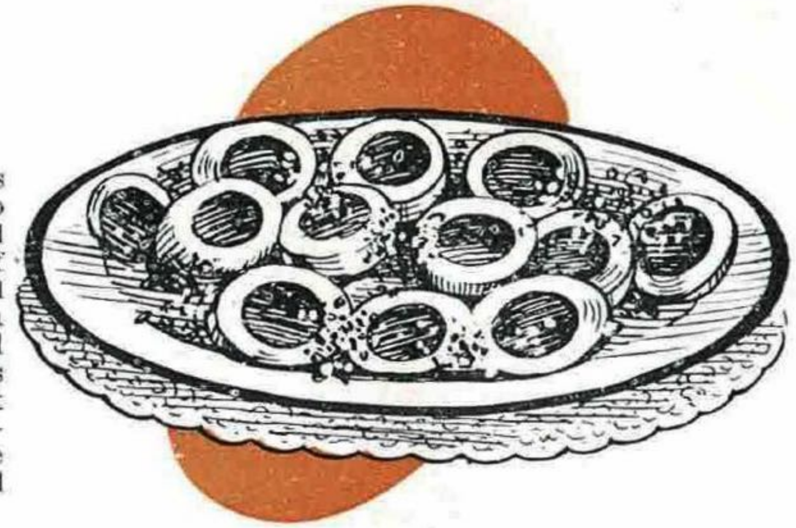
A Nice Egg Dish for Breakfast.

Boiled eggs, white sauce, minced ham, tongue, or any cold meat.

Boil 3 eggs hard. Make half a pint of good white sauce. Put some cold ham, tongue, or any cold meat through a mincing machine, and put a layer in an earthenware wish; then cover with a layer of white sauce, and then a layer of chopped eggs; continue until the dish is full, put some breadcrumbs on the top, and bake in the oven till brown. This dish can be prepared the night before, and just warmed in the oven.

Egg Recipes.

Eggs Curried in Chicken Stock.



Fry two chopped onions without colouring; add two cupsful of chicken stock and one teaspoonful and a half of curry powder; add a cupful of milk thickened with a little flour, and cook until smooth. Remove the shells from 6 hard-boiled eggs, cut them into halves lengthwise, put them into the curry, and simmer until heated through.

Curried Eggs (2).

Curried Eggs make a delicious luncheon dish. To four hard-boiled eggs, take a piece of onion, of apple, tomato, and banana, one tablespoonful of butter, two tablespoonsful of flour, two tablespoonsful of chutney, one tablespoonful of curry paste, one pint of milk, half a gill of cream, lemon juice, salt, pepper and chopped parsley. Dice the vegetables finely. Heat the butter and fry them; add the tomatoes, and fry a little longer. Sprinkle curry and flour over, and allow to cook for a few minutes. Remove from the fire, and allow to cool slightly. Add milk very gradually, bring slowly to boiling point, and cook for twenty minutes. Add the eggs, cut in halves lengthwise, but do not allow to cook longer. Add the cream, then reheat without boiling. Serve at once; garnish with chopped parsley.

Curried Eggs (3).

1½oz. Butter.
1oz. Flour.
1 small Onion.
4 or 5 hard-boiled Eggs.
1 small Apple.
1½ teaspoons Curry Powder.
½ pint Stock.

Fry the apple and onion (sliced fine) to a light brown in the butter. Mix the flour and curry powder smooth with a little of the stock, and add it gradually to the apple and onion, and then the rest of the stock, stirring all the time. Let this curry sauce cook for about twenty minutes. Slice the eggs, and warm them through in the sauce. Serve hot. If liked, a border of rice may be served round the curry.

Curried Egg Toast.

3 Eggs.
1 teaspoon of Curry Powder.
1 small Onion.
Quarter pint of Milk.
Salt to taste.

Cut up the onion, fry it in a little butter till brown, add the milk, salt and curry powder, stirring it well. Beat up the eggs and add them, and cook for five minutes, stirring all the time. Pour on slices of hot buttered toast, and serve very hot.

Egg and Curry Salad.

Shell eight hard-boiled eggs, and cut in halves lengthwise. Remove the yolks, and beat them up with an ounce of butter, a teaspoon of curry powder, and pepper and salt to taste. Refill the whites with the mixture, and arrange them on a bed of watercress. Hand round a dressing made from five tablespoons of olive oil, three tablespoons of vinegar, half a teaspoon of salt, and a quarter of a teaspoon each of curry powder and pepper.

Egg Recipes.

Fluffed Eggs on Toast Circles.

Fluffed Eggs on Toast Circles.

Separate the whites and yolks of four eggs. Put four muffin rings in a pan of hot water; when the water boils, drop the yolk of an egg into each ring. Have ready rounds of toasted bread, arrange them on a hot platter, and spread each with creamed chicken. Remove the yolks carefully, and place one on each round of toast. Beat the whites of the eggs to a stiff froth, and drop from the spoon on to the yolks. Place in the oven until the fluffed egg is lightly browned. Serve at once.

Savoury Egg Bluff.

The ingredients required are stale bread, a little butter or good dripping, 4 eggs, 1 pint of white sauce, 4ozs. of grated cheese, salt and pepper.

Cut the crust off some stale bread, and cut it into fingers, and fry a golden brown. Arrange them in a lattice design on a hot dish. Pour the fluff over and serve. The fluff is made by using a pint of thick white sauce. Stir into it the cheese and well-beaten yolks of the eggs; beat a minute or two, and season well. Stir over a very gentle heat for three minutes, but do not let it boil. Then stir in very gently the whites beaten to stiff froth, and serve.

Swiss Eggs.

1oz. Butter.	Pepper, Salt.
6 Eggs.	Grated Cheese.

Butter a china dish or saucer, sprinkle with salt and pepper. Break an egg carefully in each saucer, or, if preferred, cook them all on one large dish, sprinkle with salt and pepper and finely grated cheese, and place in a cool oven till set. If baked on separate saucers, serve on the saucers on which they were cooked.

Eggs in Sauce.

Eggs.	Buttered Toast.
White Sauce.	

Boil the eggs hard, cut in half, and place on a round of buttered toast rather larger than the egg; place on a dish, and pour over a thick white sauce flavoured with curry powder. Serve very hot. The flavour of the sauce can be varied with parsley, onion, anchovy or mushroom.

Eggs and Tomatoes, Fried.

2 Eggs.	Salt and Pepper.
2 Tomatoes.	

Peel two tomatoes, fry them in butter or dripping with a little chopped onion. Break in two eggs, add pepper and salt, and stir till just set, then serve on hot buttered toast or fried bread.

Egg Pie.

1 large Potato.	2 boiled Eggs.

Put a layer of raw potato cut very thin, pieces of butter, a layer of boiled eggs (cut in slices), pepper and salt. Repeat until the piedish is full, and bake quarter of an hour.

Egg Recipes.

Egg and Bran Macaroons.

One egg, ¼ teaspoon salt, ½ cup brown sugar, 3 tablespoons melted butter (not hot), 1½ cups bran, 1 teaspoon vanilla essence.

Beat egg light, add salt, sugar, vanilla and melted butter, beating constantly. Then fold in bran. When thoroughly mixed, place on buttered pans by tablespoons some little distance apart, since the mixture spreads. Bake in a fairly hot oven.

Bran and Honey Drop Cakes.

Half cup butter, ½ cup sugar, 1 cup honey, 2 eggs, grated rind 1 lemon, one-third teaspoon salt, 3 tablespoons lemon juice, 3¼ cups flour, 1 cup bran, ½ cup chopped nuts, 1 teaspoon baking soda.

Cream the butter, beat in the sugar, and add the egg yolks and the lemon. Sift together the flour and the soda, and add the bran and salt. Stir together alternately with the honey into the first mixture. Fold in the egg whites whipped stiff, and ¼ cup of the nuts. Drop by teaspoonfuls on to a greased baking pan, keeping them two inches apart. Sprinkle with the remaining nuts, and bake in a moderate oven for about 12 minutes.

Twelve-Months' Rich Cake.

The following recipe will make a cake that will be quite fresh at the end of twelve months:—

One pound each of butter, sugar, eggs—this generally means eight eggs—flour and blanched and shredded almonds, four pounds of currants, half a pound of candied lemon peel and citron mixed, and two teacups brandy.

Cream the butter and sugar together, work in the eggs and the brandy, and then mix in the sifted flour, the cleaned currants, the shredded almonds; put the mixture in a cake tin greased and lined with greased paper, and bake in quite a moderate oven. When cold, ice and decorate in the usual way. The part you wish to keep should be put in an airtight tin, and kept in a cool, dry place.

Tennis Egg Cake.

Take 6ozs. butter, 6ozs. sugar, 8ozs. flour, 4ozs. sultanas, 1½ozs. peel, 2ozs. almonds, 2ozs. cherries, 1oz. angelica, 4 eggs, ½ teaspoon baking powder, a few drops each of lemon, almond and vanilla essences, and a pinch of salt.

Cream the butter well, then work into it the flour and baking powder; make a well in the centre, put in sugar, sultanas, sliced peel, chopped almonds, essences and the eggs well beaten with the pinch of salt. Beat for 10 minutes, then stir in the cherries and sliced angelica. Bake in a hot oven 20 minutes, then reduce the heat and cook until done (about 1½ hours altogether). Next day cover the top with almond paste and icing. Make the almond paste thus: Quarter-pound ground almonds, ¼lb. icing sugar, 1 egg yolk, 2 drops almond essence. Stir all together over gentle heat till well blended (about 2 minutes). Put on to the cake and pat into place with a broadbladed knife. Use the white of egg, beaten up with sufficient icing sugar, to thicken the icing; color with three drops of cochineal, and flavour with two drops of rosewater. The cost of the cake (exclusive of gas) is about 3/6, and it is good enough for any occasion.

Egg Fingers.

Three eggs, ¼lb. butter, ¼lb. almonds, lemon rind, 6ozs. flour.

Beat eggs and butter together for ten minutes. Add almonds, blanched and finely chopped, and the grated lemon rind. Mix well, and add the flour gradually. Roll out, and cut into finger lengths. Bake in a moderate oven.

Egg Recipes.

Egg Custard Snow Balls.

Into a rather flat saucepan pour two pints milk, add a few drops of any essence, ¼ cup sugar, bring to the boil; whip the whites of six eggs till stiff, add four tablespoons of sugar. Drop a spoonful at a time on to milk, and cook slowly till firm; dish up with an egg-slice. Make a custard with the yolks and milk When cool, pour into a glass dish, and place the egg balls on top. Sprinkle with a few hundreds and thousands. This makes an attractive dish for children, and is very nourishing. The recipe is sometimes termed "meringue custard" or "floating islands."

Eggs in Cream.

If a very little fresh cream is available, take the "poachers" (tiny pottery moulds with handles at either side), and grease them with a very little butter. Break an egg into each, and dust it with salt and pepper. Stand the moulds in a saucepan with a little boiling water in the bottom, and put the lid on firmly. Let the water simmer until the eggs are well set. Then pour a few drops of thick cream on top of each; dust with a mere suspicion of chopped parsley, and serve at once.

Sausage Eggs.

Boil hard as many eggs as are required. When they are cold, remove the shells, and cover with sausage meat. Place in a roasting tin with a little butter, and cook to a golden brown.

Egg and Cheese Savoury, on Toast.

Beat together five eggs and three tablespoons of milk, two heaped tablespoons of grated cheese; season with cayenne and salt to taste. Stir over the fire until slightly set. Serve on hot buttered toast.

Egg Soup.

Three pints first stock, special selection of bone water, condiments, etc., 1 lettuce, 1 onion, 3 eggs, 1 cup of cream or milk, salt and cayenne to taste.

Method.—Remove fat from stock, put it on to boil, and when it boils, add lettuce, cut in thin strips, and onion minced. Cook 20 minutes, and allow it to cool slightly. Beat eggs, add milk or cream to them, stir into the soup, and cook carefully without boiling, or the eggs will curdle. Season to taste.

Glass Eggs.

One cup cream, 2 ozs. butter, 4 or 5 eggs, pepper, salt.

Method.—Melt butter in large enamel plate, and run it all round sides, add cream; break eggs in saucer, keeping eggs whole, then slide carefully into the dish. Sprinkle with pepper and salt, and set the dish on the stove till eggs are firm. This takes from 10 to 15 minutes. Send eggs to table on dish in which they were cooked.

Keeping Fowls on a Small Scale.

Proved Methods Outlined.

There is no reason why any householder should be without eggs in the winter. With the present-day methods of keeping poultry in such small spaces, it's quite within the range of everyone to own and maintain upwards of 30 to 50 fowls at a very small outlay.

The cost of buying eggs in the winter is well known to everyone—sometimes unprocurable at any cost. Why? Because the demand exceeds production. For years past it has been proved that the intensive method of keeping poultry is the most profitable in every way.

What is the Intensive System? This is the means by which poultry are continually kept in a shed, and providing them with the necessities of living the same as if they were running out in the open.

EXERCISE is one of the greatest things to be observed, and this is supplied by always keeping plenty of scratching material on the floors. Straw, grass-hay, pine needles or dry stable manure are very suitable for the purpose. All grain food is scattered into the litter, and the birds get exercise in finding the grain.

A POULTRY HOUSE 20 feet long and 8 feet deep will accommodate 30 laying hens. It can be built with skillion roof, the back wall 5 feet high, and front wall 7 feet; the front to be wire-netted, except 2 feet from the bottom, which should be close boarded. Galvanised iron or weatherproof boards may be used for the back and side walls, while iron is most suitable for the roof. The house should be well ventilated, yet free from draughts. The front should face the east or north-east, the latter for preference. The floor of the fowl-house can be made of concrete, hardwood boards or earthen floor. If of concrete, 2 inches of sand must be placed on it, and in all cases see that the floor is at least 6 inches higher than the outside ground level, and build the house on the highest position of your allotment, so as to insure good drainage.

THE PERCHES in a fowl-house require more consideration than most people generally think. The perch should be not less than 2 inches wide, and should be kept at least 2 feet away from the walls.

The height from the floor should be according to the breed of poultry kept—

For heavy breeds, from 12 to 18 inches.
For light breeds, from 18 to 30 inches.

Hardwood, 3in. x 2in., dressed, with corners planed off, is very suitable. Before placing in the fowl-house, give perches a coat of oil or hot tar two or three days previously. This will fill up all cracks in the timber, to prevent vermin. All perches should be made movable, and once a week in the summer time apply a little diluted phenyle or kerosene to the perch and uprights which hold the perch.

WHEN SELECTING THE BIRDS for egg production, choose pullets about four to five months old, from a reliable poultry breeder, and from a tested laying strain. Mark these pullets in some way, either by placing a ring on the leg or punching a hole in the web of the foot. It may be found necessary to purchase another lot the following year, therefore the ages of the birds will be known. Should you desire to raise your own pullets the following season, these first year hens will be found ideal as breeders, selecting those which you consider have put up a good egg-laying record.

Select, say, six to eight, and mate with an unrelated cockerel of a reliable egg strain. We advise selling off all birds after their second laying season. You will then have room for a new lot of pullets.

There is no hard and fast rule to say how many eggs a pullet will lay, but select those with fine texture in combs, bright and active in appearance, with large and keen eyes, breast bones straight, and plenty of space between end of breast bones and pelvic bones, the latter to be straight and pliable.

HOW TO FEED is another important item. Every householder has a certain amount of kitchen scraps, which can be put to excellent use in curtailing the feed bill, and meat scraps, cooked potatoes, bread crusts and such like should be saved and mixed with the hot morning's mash. The mash should consist of:—1 part lucerne chaff (scalded overnight, with a little salt added), 1 part bran, 2 parts pollard, occasionally adding a little meat meal in cold weather.

The mash should be thoroughly mixed to a crumbly condition (not sticky), and fed in troughs or dishes. Allow one handful to each bird. Gather any mash food remaining after one hour and throw away. Clean the tins in readiness for the next meal. On no account should stale food be left within the birds' reach.

After midday give a few handfuls of grain, scattered in the straw, allowing about 5 handfuls to every 8 birds. One hour later give chopped green food—either lettuce, lucerne, lawn clippings, silver beet, green barley are recommended—fed in tins or troughs, allowing one handful to each bird.

The evening meal to consist of grain—wheat, oats and maize (well mixed) is suitable. A good-sized handful should be allowed for each bird.

The drinking water should be supplied fresh, in earthenware vessels, at least twice daily, especially in hot weather. Grit and ground charcoal should be kept in the fowl pen at all times.

THE NESTS should be kept rather dark and private, and placed in a convenient position for gathering the eggs. A kerosene tin is most suitable for the purpose.

Eggs should be gathered at least twice a day in warm weather, and those intended for winter use should then be placed in "OVO," which is NOW recognised as the leading egg preservative on the market.

Directions for use are printed on each tin. It has been proved beyond doubt that OVO preserved eggs are equal to fresh eggs, if directions are complied with; therefore, the worry and anxiety of being without eggs in the winter is overcome, and, besides, the thrifty householder is able to put aside a few pounds each year by the sale of the preserved eggs.

The Breeding Pen.

A breeding pen consists of six heavy pullets and an aged male, eight hens to a cockerel, eight light pullets to an aged male, twelve hens to a cockerel.

On free range, the number of females may safely be doubled. I have had as many as thirty pullets mated to one cockerel in a large pen, and found every egg strongly fertilised.

Although the hen is the best means of hatching chickens, a small 60-egg incubator is a good investment for anybody who raises up to 100 chickens yearly. The advantage of the incubator over the hen is the same as that of the tractor over the horse, or the truck over the cart.

To get eggs strongly fertile is one of the keys to success in poultry raising. Inbred stock will not produce weak chickens if the parents themselves are strong, active, and well fed. Weak chickens are the product of weak parents. Parents may be weak through over-feeding, and consequent laziness and flabbiness; through under-feeding, as a matter of course, and through disease. Keep fat, poor and diseased specimens out of your breeding pens, and all eggs will be fertile and hatch out strong chickens. Disease in poultry may be brought about by lack of cleanliness, vermin, and badly-ventilated sleeping quarters.

It will, therefore, be seen that the sins of the poultry keeper himself will be visited on the chickens.

Marketable Eggs.

The best size of a marketable egg is 2 ounces. It is easy enough to get a flock to lay these eggs, but if the size is insisted upon in young pullets, it will more likely break up our poultry flocks than build them.

A simple way to get a pullet to lay a 2-ounce egg is to only breed from pullets that are tested to lay eggs of this weight. It is questionable, however, if this procedure, if universally adopted, would not sap the stamina out of our flocks. A hen which lays eggs that show a rough surface or a bump should, as a rule, not be used for hatching, as the defect is hereditary—not in the direct offspring, but in a second generation.

I have had some very good experiences in this matter, as I was obliged to use such eggs once from a very valuable hen. If you want really good fowls, inbreed until the cows come home, but only use the best and virile stock for the breeding pen, and let the others do the laying only.

Feeding of Fowls.

(By "Poultritis.")

The dairy farmer is probably in a position to feed fowls more economically than many poultry farmers. The basis of nearly all mashes is bran and pollard. Dairy farmers who feed bran to their cows, and pollard to calves and pigs, are usually in a position to buy in fairly large quantities, and, therefore, at a cheaper rate than can the average poultry-farmer.

I have an open mind as to the best method of feeding fowls for egg-production, as I know poultry farmers to be successful with dry mash feeding, others with wet mash; but, for the dairy farmer, the dry mash method would save a considerable amount of labour, as hoppers can be built to hold enough mash for a fortnight. This means that the fowls need no attention in the morning; a little green feed can be fed at midday, and a full feed of grain at night, followed by as much green feed as they will eat.

The Value of Milk.

There is no better aid to egg-production than milk, either separated milk, butter-milk or dried milk. In fact, some of our largest egg-producers consider milk so valuable, that they keep sufficient cows to supply the amount necessary for their birds. In several feed experiments carried out at the Werribee Research Farm, it has been demonstrated that dried butter-milk, even at the high price of 5d. per lb., is a very valuable addition to the mash.

The Value of Greenstuff.

The dairy farmer has another advantage, in the fact that he always has—or should have—ample green feed for his cows, in the shape of green oats, green barley, clover, millet, green maize, or lucerne, all of which are excellent for fowls. I am of the firm opinion that no man can get the best returns from his birds unless they have constant supplies of green food, as I maintain it is not only necessary from a health point of view, but it is the greatest aid to rapid digestion of other foods that I know. The whole success of the poultry farmer depends on how much food he can get his birds to eat, digest, and turn into eggs.

The value of succulent greenstuff for laying hens has been demonstrated at the State Research Farm, Werribee. In a food experiment last year, three pens of 50 birds each were fed, housed, and treated exactly the same in every particular, except that No. 1 pen (in addition to the ordinary ration of meals and grains) was fed such succulent green food as was in season, No. 2 pen was fed lucerne chaff that had been soaked in water, and No. 3 pen was not given any green food at all. The result was:—

No. 1 pen (fed succulent green feed) produced 7883 eggs, valued £52/16/8.

No. 2 pen (fed lucerne chaff) produced 7425 eggs, valued £47/4/5.

No. 3 pen (no green feed) produced 6610 eggs, valued £41/4/4.

Thus the pen fed greenstuff showed a return of £5/12/2 more than that from the pen given lucerne chaff, and £11/12/4 more than the return from the pen to which no green feed was allowed. For the three months, May, June and July, when eggs were at the highest price for the year, the pen fed greenstuff laid 697 eggs more than the pen fed lucerne chaff, and returned £6/11/9 more in money. During the spring, the pen fed lucerne chaff gained a little, but eggs were then at a low price.

On the following page further information regarding the digestive properties of green feed is given.

The Value of Iodine.

Writing of the influence of iodine-feeding on poultry, Gaerity (14) reports that the daily administration, in the drinking water, of a few drops (three to five) of the 7 per cent. tincture of iodine resulted in a flock average of 70 per cent. egg production in early September, with pullets hatched in March. In a series of fecundity experiments carried out by the Rowett Research Institute and the West of Scotland Agricultural College, a mineral mixture containing a fairly high proportion of iodine (one part potassium iodine in 200) gave the following results when added to ordinary good mashes:—

Experiment.	Control Pens.	Experimental Pens. (Minerals.)
No. 1—Average egg production per pullet for a complete year	107 eggs. Average weight, 60 grams.	178 eggs. Average weight, 57.6 grams.
No. 2—Average egg production per pullet for five months	61.1 eggs. Average weight, 51.1 grams.	71.4 eggs. Average weight, 59.9 grams.
No. 3—Aggregate egg production of 12 birds, Sept. 1 to Dec. 6	139 eggs. Average weight, 46.6 grams.	263 eggs. Average weight, 46.5 grams.

Feeding of Fowls.

Green Food Aids Digestion and is Enjoyed.

One of the virtues of good green feed is that it aids digestion, but this will not be done unless the succulent, young, well-grown green is fed.

The chicken must have the newly mown, young green stuff, and so must the older birds. Considering that the old grasses have much fibre, digestion will be impaired rather than assisted. This fibre is hard to digest, and it might easily set up indigestion, because it will certainly clog some of the digestive workings of the bird. If it so upsets the older birds and throws the layers off the lay, how much more damage can it do to the young chicken?

Apart from the many good health reasons why green stuff should be fed, there is the economic reason. If the poultry man takes care to see that he has his green plot thoroughly prepared, he should have green stuff all the year round. It is a good plan to have a rotation of crops, so that when one is worked out another can be used, and the first rested while it makes further growth. No poultry man should be without green stuff.

Another of its virtues is that it adds bulk to the mash, and for that reason it aids digestion, in setting up a good flow of gastric juices.

By supplying plenty of green stuff in the mash, the birds are satisfied, and that is a big thing with poultry. The satisfied bird is the contented bird, and by that good results must follow. Under these conditions, the food will be well assimilated, and, naturally, that is just what is wanted. From the chicken to the older, well-selected breeder, the good digestion of all the wholesome foods is just what is required to get the best out of the bird. Because green stuff contains protein, acids and salts, it is important because of their chemical action on the bird.

It takes lots of protein to make feathers and eggs at the same time. Feathers run as high as 85 per cent. protein. The whites of eggs are mostly protein. Grain rations never contain enough protein for even a poor layer before she moults, so it is easy to see why the hen on the average ration so quickly runs out of material for eggs when she moults.

Don't Rob Flesh to Make Feathers.

If not fed sufficient protein, a hen will draw upon her body tissues for protein to make feathers. This leaves her in such bad shape, that it takes months of good feeding to get her back to laying. You want egg production when prices are highest. Feed for feathers and eggs.

The Feeding of Fowls.

How to Balance a Ration.

From the Department of Agriculture's Bulletin, No. 54, showing the analysis of footstuffs in general use.

The balancing of a ration is a complicated process to arrive at a correct solution, as all the parts of a ration have to be added up according to their particular analysis, and are supposed to consist of 1 part of nitrogenous matter, which is termed protein, to 4 or 5 parts of starchy and fatty matter, which are termed carbohydrates, as per the following example:—

In the case of a foodstuff containing 12 per cent. nitrogenous matter, 50 per cent. starchy matter, 2¼ per cent. fatty matter, the nutrient ratio would be 12: (55 + 2¼ × 2¼), 12; 60 (approximate), 1 : 5.

Foodstuff.	Water. per cent.	Protein. per cent.	Oil. per cent.	Carbohydrate. per cent.	Fibre. per cent.	Ash. per cent.
Seeds and Grain—						
Wheat	10.99	9.89	2.27	73.64	1.87	1.34
Oats	12.15	11.05	4.90	58.95	9.90	3.05
Barley	14.30	12.00	2.40	63.70	5.00	2.60
Maize	13.00	9.90	4.40	69.20	2.20	1.30
Rye	12.21	10.51	1.83	71.34	2.87	1.24
Rice	12.60	6.70	0.40	78.00	1.50	0.80
Millet	12.50	10 60	3.90	61.10	8.10	3.80
Broom Corn	12.70	10.20	3.00	63.60	7.10	3.40
Peas	14.00	22.50	1.60	53.70	5.40	2.80
Soy Beans	10.30	33.20	17.50	30.20	4.10	4.70
Sunflower	7.50	14.20	32.30	14.50	28.10	3.40
Green Stuff—						
Lucerne (green) ..	71.51	5.06	0.88	12.47	7.03	3.05
Lucerne (hay) . ..	12.32	15.56	2.73	38.38	21.64	9.37
Grass Clippings ..	80.00	3.50	0.80	9.70	4.00	2.00
Rape	85.90	2 80	0.80	5.70	3.50	1.30
Cape Weed	93.16	1.18	0.30	3.14	1.06	1.16
Mill Products—						
Wheat Bran	11.33	14.90	4.46	55.41	8.91	4.99
Wheat Pollard . ..	11.20	14.00	4.46	60.90	6.90	2.68
Oat Branning . ..	8.00	9.58	5.37	52.53	19.55	4.97
Oat Meal	8.50	10.10	5.10	60.10	12.60	3.60
Rolled Oats	7.80	16.06	8.20	66.07	1.25	1.62
Hulled Oats	8.20	15.67	7.14	65.67	1.69	1.63
Pea Meal	12.60	23.26	1.54	53.70	6.42	2.40
By-Products—						
Dried Blood	15.00	80.00	0.80	1.50	—	2.70
Bullock's Liver . ..	76.17	5.80	2.50	—	—	1.20
Green Bone	20.46	22.68	11.41	—	—	45.45
Separated Milk . ..	90.30	4.00	0.20	4.70	—	0.80
Roots—						
Onions	87.66	1.09	0.25	9.66	0.81	0.53
Mangolds	87.40	1.00	0.10	9.80	0.80	0.90
Eggs	73.67	12.55	12.11	0.55	—	1.12

Suggestions for Poultry Keepers.

If good quality eggs are to be produced, the following suggestions should be followed:—

1. Isolate or sell all male birds after 1st October.
2. Gather eggs twice a day if possible, but always once.
3. Keep eggs in a cool place not more than 60 deg. F.
4. Protect them from sun, heat, moisture, and bad odours.
5. Treat them as you would choicest cream or butter.
6. Market only clean-shelled, large eggs. Small and dirty-shelled eggs should be consumed on the farm.
7. Market eggs twice a week if possible, but always once.
8. Keep eggs clean by providing clean house, plenty of clean litter on the floor, and roomy nests; and by changing nesting material frequently.
9. Chickens intended for egg-production should be hatched in July, August, and September only.
10. Breed only from second and third season hens, and from pedigreed male birds.

Rearing Chickens.

Towards the end of February or early in March is the best time to set eggs for chickens. It will allow for poultry for the Christmas market, and for pullets which will begin to lay about October. Careful attention to nests is necessary, and where boxes are used, they need a thorough washing with strong nicotine solution, and then painted with wood-preserving oil. Get thoroughly into the crevices when doing this work.

Excellent nesting is made from clean straw or bush-leaves, to which are added a few tobacco-stems. It is warm and not likely to harbor lice. A look over the feathers of the hen will soon reveal whether the bird is lice-infested, in which case a dusting with insectide powder is very helpful.

Protection must be afforded the hens. It is preferable to set them in a wire-covered house, where there is no fear from stray dogs or cats. Often a hen, if disturbed at night, will leave the eggs, and the result is a complete loss.

Do not put too many eggs under a hen. I always put 12 or 14 to the clutch, and the result is that the hen can cover them fully; there is plenty of room for the feet, and there are fewer broken.

Always have a box or corner of the run covered with ashes in which setting hens can dust and clean themselves; it is cheap, yet very effective. And also note that drinking receptacles are full of clean, fresh water.

The Value of Poultry Manure.

One aspect of the value of poultry on the farm that is often not taken into consideration is the value of the manure. Poultry manure from most of the large egg-producing plants is being eagerly sought after by orchardists and market-gardeners, and some of it is transported over fairly long distances.

It is estimated that a fowl produces approximately 90lbs. of manure in twelve months, so it would be safe to estimate that from every 100 birds 4 tons of valuable manure is obtained. The value per ton given in 1926 is £2/5/-, but some dairy farmers I know would not sell it for double that amount, because they find it gives such splendid results when used for crops and for the top-dressing of pastures.

For some time a poultry farmer in the Bendigo district sold all the manure from his sheds, and found it was being used for tomato-growing. Last year he resolved to give tomato-growing a trial. The area of land available was only an acre, and no manure was used other than the droppings from his poultry houses, yet the profit from the acre plot, after deducting cost of plants, labour, etc., was £120.

Help the Chickens to get a Good Start.

A Report on Investigations Made By a Well-known Poultry Expert.

The successful handling of the young chickens depended on quite a number of factors besides feeding. The poultry farmer had to replace from 30 to 70 per cent. of his flock with pullets. The old hens and culls had to go out to make room for the pullets. It was to the pullets that the poultry farmer looked for his winter supply of eggs. It was, therefore, obvious that, if the poultry man did not rear the pullets aright, his profits would suffer. It must be appreciated that a good pullet would produce about ten times her weight in eggs. Realising that, one must appreciate how necessary it was that the pullet should have a good constitution. To make sure that she would have this constitution, certain conditions had to be right from the start.

There was the old saying, "Well begun is half done," and it applied to poultry. It was necessary with chickens to see that they had a good beginning. Some of the chickens were almost impossible to rear, and, if one was unfortunate enough to rear them, they would always be a source of trouble. The chickens that he referred to in this connection were those little, miserable, pinched chickens—those that often had crooked toes; those that seemed to have all the substance dried out of them. The chicken that the poultry man who hoped to be successful liked to see was just the reverse to that. After it had been out of the shell for an hour or so, it should be active, and look like a big round ball of fluff. A good hatch usually gave the breeder chickens of this kind. A bad hatch would give the other kind of chickens.

He would not use pullets in the breeding pens, if he could help it. The best results with chickens would always be obtained by having in the breeding pens good-conditioned birds. The bird that went into the breeding pen should be one that was in good condition after having been through the moult. Experiments had shown that the first 20 to 30 eggs that a hen laid after coming through the moult, provided she was mated to a vigorous male bird, were the eggs from which the vigorous, sturdy chickens would be hatched. The breeding stock should be fully matured. In it there should be strong-constitutioned birds, which laid good-sized eggs—2 ozs. or better. Good feeding had an influence on the hatchability of the egg and the rearability of the chicken.

It should be appreciated that breeding stock wanted as much free range as possible. In some yards, it had to be admitted that it was not possible to allow all the breeding pens free range. In such circumstances, it was a good plan to give the pens free range on grassed land in rotation. When the birds had to be kept in confinement, it was imperative that they should be given plenty of good plain food, with plenty of greenstuff. Then the birds should be kept active.

Greenstuff had a big influence on the number of good eggs that the hens in the breeding pen would lay. He well remembered a drought season, when he was at Wyuna. That season it was with difficulty that greenstuff was secured. It was so scarce, that they could not get sufficient for the flocks. During that season they had more dead-in-the-shells than before.

He was also a great believer in early hatching. Late hatching was economically unsound. At Werribee, the desire was to have all the hatching done before the end of October. The early-hatched chicken was much easier to rear, and generally was a better proposition. The pullets that were hatched early made steady, good growth, and commenced to lay in such good time, that they were profitable during the winter months, when the price of eggs was so good. He doubted very much if some of the late-hatched chickens of last year were yet laying. That meant that they had been unprofitable during the winter. Now their eggs were to be sold when eggs were cheaper. Then, with the early-hatched chicken the cockerels also brought the better prices. The poultry man who studied his market would find that there were times when there was a good market for the well-grown early cockerels.

For the early-hatched chicken, the breeding stock was naturally in better condition than during the latter part of the breeding season, and conditions for rearing were ever so much better. The runs were generally nice and fresh, the greenstuff grew freely, and was succulent. But the big factor in their success seemed to be that they were vigorous and in better condition—just in such a fit condition to do well. With the early-hatched chickens, some of the pullets might go into an early false moult, but, even with pullets such as these, the earnings would be better than the earnings from the late-hatched chickens. His advice was to so arrange the hatching, that the last chickens would be out by the end of September. If the breeder could not get all the chickens he desired in the one hatch, then the best thing to do was to get them as quickly as possible.

The conditions in the incubator had an influence on the class of chickens that would be secured. The ventilation of the incubation room was another important factor. He had seen instances of men running four or five small incubators in a room, and getting more or less good results, but, as soon as business increased, they increased the capacity of the machines, and expected the room to carry extra incubation. That, of course, was their trouble. Often this increase in incubation was done without any extra effort to increase the ventilation in the room. It must be appreciated that the embryo chicken, while developing in the egg, wanted as much fresh air as possible, and that could only be secured with proper ventilation.

Then, further, good fresh air was necessary in the brooder house. In the brooder, besides cleanliness, the chickens, if they were to make good growth, must have plenty of room and good fresh air. Some poultry men, especially those in a small way, brooded their chickens in boxes. If, when these boxes were opened in the morning, a peculiar, unnatural smell could be noted, then the breeder must appreciate that the chickens had been crowded in unhealthy surroundings, and that they had not had sufficient fresh air. The brooders should be so constructed and placed in such a position, that they can be well and properly cleaned. In all brooder houses good sanitation was necessary. His big advice in this connection was for the poultry man to make sure that the brooders were thoroughly disinfected. This also applied to incubators.

Chickens, when once they have made a start, should not be cramped. They needed plenty of room. If they had not plenty of room, vices such as toe-picking and the like would develop. Then it was necessary to see that the chickens had as much direct sunlight as possible. Chickens that were run in sunlight always benefited. To get this sunlight, it was advisable for the chickens to be allowed to run out on to grassed lands as much as possible.

Regarding feeding, he believed that the best results were obtained by the poultry man attempting to follow nature. It was well known that, as soon as the hen hatched her chickens, she kept them quiet for a couple of days. That was what the poultry man should do. As soon as he saw that the eggs were breaking, he should place a covering over the front of the machine, so that the chickens, when hatching, would be quiet, and so that the more sturdy youngsters would not trample on others while attempting to get to the light. Then, the first day out, the old hen scratched about the nest, breaking up the old egg shells, and attempting to induce the chickens to eat particles of egg shell and grit. That was why it was necessary for the poultry man to see that the first thing that the chickens had to eat, after being taken from the machine, was fine shell grit.

The chicken had to masticate its food in the gizzard, just the same as the older hen, and, unless there was plenty of grit in its gizzard, it could not be expected that the chicken would do well. This grit should be given when the chickens were about 48 hours old. Charcoal might also be given, because it sweetened up the crop and aided digestion.

After this feeding about the nest, it would be seen, when the hen was studied, that she then commenced to travel. She took the chickens about the place, and every now and again sat on them. This was to keep them warm. Chickens run under such conditions did exceedingly well. The hen did not allow the chickens to get cold, and neither should the poultry man. He should make every effort to see that the chickens had runs, but that they knew their way back to the warmth of the brooder. If such conditions were followed, a little more closely, then there would be better results from the chickens in the brooder. Chickens would stand a fair amount of cold, so long as they could get back to the warmth again.

Speaking from the experiences at Werribee, he would say that the first feeding should be of oatmeal. At Werribee, the oats, wheat and maize were ground, and the screenings kept. Dry bran at the start was also a good thing. After a week, the chickens might well be given a dry mash of bran mixed with the gristings from the scratch grain. He did not like the feeding of pollard to the very young chickens; this was mainly because of the inferior quality pollard that was to-day on the market. His advice was not to give the chickens any pollard for at least three weeks. In that mash, dried milk might be given to advantage—in fact, he favored the feeding of milk in almost any form to the young, vigorous, growing chickens.

After fourteen days of this careful feeding, the chickens should be placed on the wet mash. This should be composed of practically the same ingredients as the dry mash. This should be mixed into a crumbly condition with the infertile eggs from the machine. This is a natural food, and for that reason could not do any harm to the chickens. When the pollard was being introduced, after the third week, it should be introduced gradually, and should replace the grain screenings. At about five weeks the feeding of whole grain could be commenced, and at the same time also the growing chickens might be put on the same wet mash as was being given to the adult stock. But it must be remembered that it was advisable to always change the feeding gradually.

The chickens should also be fed a generous supply of greenstuff. For the first feeding of greenstuff, it was well to cut a sod of earth on which was growing plenty of grass. The chickens would take a delight in picking at this green. In this way the chickens took the greenstuff as they wanted it. It was often a difficult matter for the poultry man to cut the greenstuff fine enough for the young chickens. When the chickens commenced to drink, it was well to see that the water was always before them, for if at any time water was withheld, trouble would follow. In clamoring for the water, they would certainly get wet, and that would mean the beginning of troubles.

Interesting Information Concerning Eggs.

Fertilisation of the Egg.—An Important Question Decided.

The question is often asked: "How long need a cockerel be in the breeding pen before eggs from the hens may be used for incubation?" The following record of a year's work at the Edinburgh University is of interest, and will prove valuable to breeders.

"In order to obtain information concerning the time of onset of fertility after the introduction of the male to the pen and the duration of fertility after his removal, experiments were carried out by Dr. Crew. It was found that fertile eggs are to be expected within from 24 to 28 hours after the introduction of the male, and that the length of time of the sperm within the body of the hen is from 15 to 20 days, though, in exceptional cases, it may be greater. If, after the removal of the male, a second male is introduced, the influence of the first sire is extinguished from the seventh to the tenth day.

Information Associated With Eggs.

The Average Periods of Incubation.

Chickens	20-22 days
Geese	28–34 "
Ducks	28 "
Turkeys	27–29 "
Guinea Fowls	28 "
Pheasants	25 "
Ostriches	40–42 "

Analysis.

Analysis of the dry matter of egg, exclusive of shell, is 49.8 protein, 3.4 ash, 38.5 fat, water excluded.

Writers tell us that Asia is the original home of poultry. All our domestic breeds of poultry are said to have originally derived from the red jungle fowl, the original home of which was the jungles of the north-eastern parts of Central India, extending south through the Malay Peninsula, to Sumatra, and east through Siam to Cochin China.

Praise From Users.

Extracts from a few of the enormous number of testimonials received from enthusiastic users of "OVO." (Originals of these testimonials may be inspected):—

From a Leading Interstate Grocer:—

The efficiency of "OVO" is proved when we say that not a single complaint has reached us from either the householder or from the man putting down his three or four thousand dozen."

From a New Zealand Firm:—

"We put about 140 dozen eggs down in a tin of "OVO," and can testify to its efficacy. We have just disposed of the last lot of eggs, which have been down some seven months.

2000 Dozen Eggs Put Down:—

"I have had over 2000 dozen eggs in your 'OVO,' and they turned out in splendid condition."

Tribute From a Baker:—

"The eggs had from you last season (preserved with 'OVO') proved very satisfactory—in quality they were first-class, while to the pastry they seem to impart a better colour than ordinary eggs."

Sold As Well As Fresh Eggs:—

"I have put down about 400 dozen eggs this year as a first trial. There has been no deterioration, and eggs sent to market marked "preserved," have fetched the same price as fresh eggs this week."

Used After Three Years In "OVO."

"We have been using your 'OVO' for the past 15 or 20 years, and have never had a failure. We have used eggs preserved in 'OVO' after three years, and they have been just as good at the end of that time as after 12 months."

Tribute From a Leading Poultry Farmer:—

"We have been using 'OVO' just on 15 years, with excellent results, and have recommended its reliability as an egg preservative whenever occasion comes our way."

From Little Sisters of the Poor:—

"We almost fail in words in expressing the high value of 'OVO,' and as for the quality, there is no equal for preserving eggs; only last week we finished last year's eggs, and they were perfect. Our kind benefactors of Melbourne are collecting eggs for our institution again this year, and we have already put down over 200 dozen with 'OVO.'"

Wholesale Prices of Eggs.

The table set out below gives details of the wholesale prices of eggs in Melbourne during the last seven (7) years, 1921-1928.

The prices ruling each month are set out clearly, and serve to emphasise the fact that during the months of May, June and July prices are considerably higher. These are the months when money can be saved if eggs are put down in "OVO" during August, September, October, November and December.

	1921	1922	1923	1924	1925	1926	1927	1928
Jan. 1	—	1 2	1 3	1 1	1 4	1 1	1 4	1 5
„ 15	—	1 3	1 5	1 2	1 0	1 3	1 5	1 5
Feb. 1	—	1 5	1 6	1 6	1 4	1 6	1 6	1 7
„ 15	—	1 7	1 7	1 7	1 7	1 7	1 6	1 8
Mar. 1	—	1 9	1 7	1 8	1 10	1 6	1 8	1 8
„ 15	—	1 11	1 9	1 9	1 11	1 11	1 10	1 10
Apr. 1	—	1 11	1 11	2 3	1 11	2 3	2 0	2 1
„ 15	—	2 2	2 2	2 8	2 5	2 4	2 3	2 4
May 1	—	2 5	2 0	2 4	2 7	2 4	2 6	2 6
„ 15	—	2 5	2 9	2 4	2 5	2 6	2 5	2 4
June 1	—	2 2	2 9	2 4	2 5	2 7	2 4	2 3
„ 15	—	2 0	2 6	2 2	2 4	2 4	2 3	1 7
July 1	1 10	2 3	2 0	2 0	1 8	1 6	1 4	—
„ 15	1 10	2 4	2 0	1 11	1 6	1 5	1 4	—
Aug. 1	1 5	1 10	1 7	1 2	1 6	1 5	1 4	—
„ 15	1 4	1 4	0 11	1 3	1 3	1 3	1 4	—
Sept. 1	1 1	1 4	1 0	1 2	1 3	1 1	1 3	—
„ 15	1 0	1 4	1 0	1 1	1 0	1 0	1 2	—
Oct. 1	1 0	1 3	1 0	1 1	0 11	1 1	1 3	—
„ 15	1 1	1 2	1 0	1 1	1 1	1 1	1 3	—
Nov. 1	1 1	1 1½	1 0	1 2	1 1	1 1	1 4	—
„ 15	1 1	1 2	1 1	1 3	1 0	1 2	1 5	—
Dec. 1	1 2	1 4	1 3	1 3	1 0	1 4	1 5	—
„ 15	1 4	1 3	1 2	1 3	1 4	1 4	1 5	—

Yes I have Cheap Eggs 365 Days of the Year

"It's the Timely Use of "OVO" That Does It."

Once I was compelled to pay 3/- and 3/6 per dozen for eggs in the winter months, but now it is different. Not a penny more than 1/- dozen do I pay at any time of the year, and it is only because of a little foresight when the season of cheap eggs—from July to December—is here.

This is the period to put down eggs in Ovo in order to have cheap, fresh supplies when the dear egg season comes round. On every 16 dozen eggs stored in Ovo, I

ACTUALLY SAVE 30/-.

Ovo keeps them fresh and good for all purposes—whether it be for poaching, boiling, frying or baking. Ovo is easy to use, too! Just water and Ovo stirred well in a kerosene tin—that's all. One tin of Ovo will do 16 dozen eggs, which fit comfortably in a kerosene tin. A few eggs can be put down at a time—a few dozen—or the whole 16 dozen. Ovo is a very special preservative that permits of keeping eggs fresh just as they are laid or purchased.

Don't Use Anything Else But "OVO."

IT HAS STOOD THE TEST OF 35 YEARS' USE.

Ovo Your Eggs

WHOLLY SET UP
AND PRINTED IN AUSTRALIA
BY McLAREN & CO. PTY. LTD,
GEORGE STREET, FITZROY.